All About The Wonderful You

Awakening to the COVID-19 Tyranny, Climate Change and Mass Mind Control of Society

Dr Ellis I Evans

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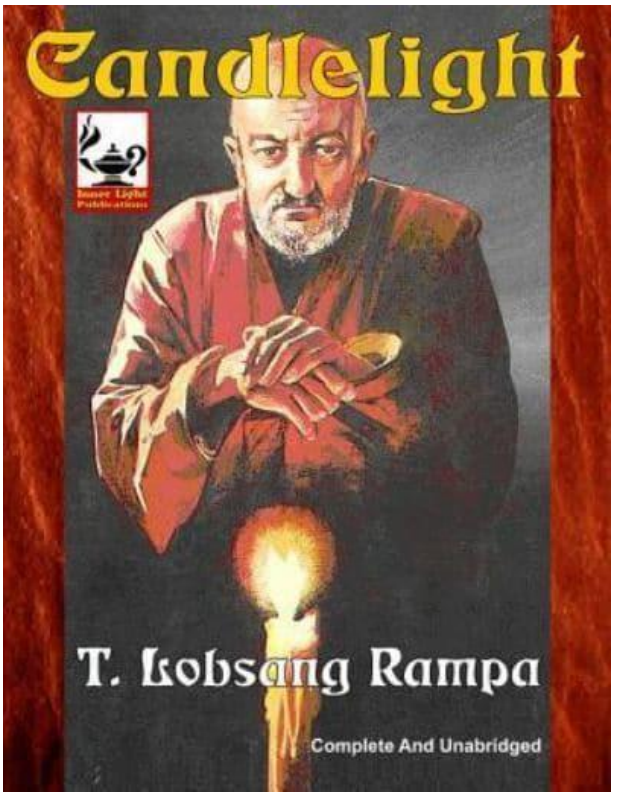
Acknowledgements

To the missus, my family and anyone who knows me, may you travel wisely into the amazing Moment of Now.

Dedication



I was pottering about in a small tatty bookshop in Woolwich, South London in the 1970s when a book fell out in front of me. The title intrigued me, it was called 'The Third Eye'. The author was a chap called Lobsang Rampa who was also a Tibetan monk. This was my first introduction to the esoteric arts, and I lapped up its contents eagerly, as I did all his subsequent books. In those days, trying to explain anything of a spiritual nature was much harder than it is today. Lobsang Rampa had a very difficult path to endure because he came up against the mainstream media who said he was a fraud and they tried as much as they could to belittle everything he wrote. Even back then, I realised if the media says it's bad, it is usually good and so it was!

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Preface

This is a story about the true nature of humankind, in these most auspicious of times. Humanity is on the cusp of a global spiritual awakening that is changing everything! Simply put, we are in the throes of a grand increase in awareness of consciousness! Large segments of the population are waking up to a new world and feeling differently about each other, and of life. This is all due to our awakening and many have been given a choice to transition from a third dimensional reality to a fifth dimensional reality. Dimensionality for now, is defined as 'constructs of consciousness'.

We presently live in a third dimensional reality, based on the duality of choice. In other words, we can choose to do this or to do that. The battle cry, "I wage war to keep the peace" is familiar to those who listen to their politicians. This battle cry of the political classes eloquently defines their current mind-set in which they say one thing yet do another. Our political and elite bloodline classes are stuck in a third consciousness Matrix and enslaved to the old energies. We the people have already began the transition towards a fifth dimensional reality, based on co-operation rather than conflict, light rather than darkness. Our awareness of consciousness is increasing, and light illuminates the darkness. As we shine our light, we begin to feverishly 'tweak' everything around what we believed in such as religion, work, how we perceive others, relationships, and spiritual sovereignty. The reason why everything today is in a state of flux and dramatic change is the simple fact that we are awakening. As we awaken, we need to fix, alter, and amend all of it.

I define a fifth dimensional reality as humanity coming together as a mosaic of cultures and skin colours, pieces of a jigsaw that are different yet equal. The Ancients knew that if humanity made it past the ending of the Precession of the Equinoxes, i.e., 21 December 2012, humanity would embark on a journey of love, light and spiritual awakening. The Mayan Calendar scribed no more after this date because they said it was impossible to predict future events. Many individuals and mostly mainstream thinkers interpreted the Mayan End Date Calendar as a date when the world ends. That is incorrect and a spiritual interpretation of this date is quite simple. This date signals the end of a major cycle within a cycle within a cycle that heralds the end of a dark force that has controlled humanity for millennia. Simply put, it is a time of spiritual awakening and purification. Purification simply means the freedom to choose from an expanded awareness of consciousness. During the early stages of spiritual purification, we bust open the gilded cage of control and elucidate the true intent behind religion, industry, work, play and anything related to societal practices. In tandem with all these societal changes, we are changing, one by one and population by population. Many of us are feverishly altering our lifestyles and reasons for being. The reasons are very simple, as a species, we are increasing our vibratory rate, which is leading us to wake up. As we spiritually awaken, everything within has to change first and out of that, we are beginning to see how things work in our outer world. Whether we want it to or not, life is morphing between our very eyes and our emotional centres are piqued in all sorts of negative and positive ways.

For example, our perception of reality since the passing of the Mayan End Date of 31/12/2012 has become ‘fluffy’ and less real. Time itself has become ‘flexible’ and non-linear because we are becoming more ‘circular’ in our perception. What do I mean by circular? Our consciousness is now vibrating at a much higher frequency, which affects our perception of time and everything else. Our previously held notions of linear thinking about ‘time’ as being past, present and future are weakening because we are beginning to live in the Absolute Moment of Now. Time is nothing more than a convenient construct of 3D conscious reality and many are moving beyond linear constructs to live in the ***Now*** – that is all there is. As we consciously move away from linear thinking, we launch ourselves into

multiverses of our past, present, and future selves. When we go beyond time, we experience more of life and less of ourselves. Thus, time is always what it has been, nothing more than a construct. It is our perception of time that is changing, it is we who are speeding up, not time. Time itself is nothing more than an illusion, and I use the metaphor of a chameleon. Different animals view the colours of a chameleon differently, dependent on their biology. Our perception of time depends on our frequency or vibratory rate and as it increases, we become non-linear and begin to open up to our multi-dimensionality!

Consequently, our memories of yesterdays are nothing more than silky echoes of our former selves. Most days, I cannot even remember what I had for lunch the previous day. A smell, a song, a note strummed on the guitar, however, can take us instantly back 40 years or more and we re-experience it all in Technicolor, and Dolby Digital-filtered sound! We are currently in a transition phase between the third dimension and a light-filled, limitless fifth dimensional reality. If we simply look to what is happening around us i.e., COVID-19, Russia/Ukraine, woke consciousness etc. they all appear disparate and separate from each other. Truth is that all these social, medical and military issues originate from one dark source and the intent behind them is one of societal control. What is happening now in our lives across the globe appears very dark and worrying. I strongly argue that the strife and disharmony around us has always been there, we simply did not notice it.

The only difference between now and yesterday relates to our awakening state. Quite simply, as we awaken, we shine a light within the dark interstices of our reality. Light dilutes the darkness and suddenly, everyone sees what has been going on for millennia. This is a planet of light and dark energies and we are forced to make a choice. The past 5000 years of our earthly existence has been characterised by very dark events replete with acts of violence, conquest, and war. All of that is now going to change simply because the balance between light and dark has shifted. The pendulum has now swung in favour of the light and the dark forces within society are literally fighting for their lives or their ways of life. There is currently a lot going on under the radar of human consciousness. Humanity is in the grip of numerous false flags including, COVID-19, the

Russia, Ukraine war and weaponised youth programmes of climate change, net zero, LGBT++, Antifa, Black Lives Matter, Colour Revolutions and Woke 'unconsciousness'. Why is all of this happening right now? As we increase the light within ourselves, we notice dark shadows scurrying from pillar to post. It is only now that we are beginning to realise just how dirty things really are! The energies and identities behind the dirt and the dark stuff may shock you to the core, yet these are times of revelation, evolution, revolution, and discovery. The pillars of light and dark and everything in-between are simply, consciousness constructs of 3D reality. The objective in writing this book is to take you 'out of mind' and explore all these issues from an expanded awareness of a much greater reality. This story is really about the dynamics of the oscillatory pendulum between dark and light, what has changed, why and where it is all going.

What are the differences between spirituality, religion, and spiritualism?

Before I go any further, I wish to briefly discuss a few idioms that differentiate spirituality, religion, and spiritualism. In one sentence, religion is about control and spirituality is about freedom. There is no expectation within spirituality, and you just need to be. No one is judging you other than yourself. Spiritual folks are very much ‘mix and match’ types. There is no hierarchy within spirituality, no uniform to wear and no need of a church because most of us realise we are a splinter of God-Source. We carry that spark around with us and it just is. Spiritual people have no need to fight or persuade anyone to follow this or that script because life is a personal choice based on feeling, opportunity, and circumstance. Spirituality means no-one is born in sin and everyone is different yet equal. Spirituality means there is no separation between Prime Creator and us - All is One! Paradoxically, even though we see themselves as separate, sovereign beings, we are of One Source vibrating at a multitude of frequencies – we are different yet the same.

Spirituality means I understand that all of Creation including grass, animals, trees, and dust are also fragments and shards of God-Consciousness existing within a continuum of frequencies in which rocks and pebbles vibrate very slowly. Thus, physical form is dependent on vibrational frequencies. Spirituality means God-Consciousness is you, me, and everything else encased within a continuum of light, energy, and colour. Spirituality means that the high energies known as Jesus existed all those years ago. He blazed a trail whilst he was here because He decided to retrograde back from a much higher dimension to show us that we are all capable of performing miracles to a much greater degree than He did. If I had to describe spirituality in one sentence, I would say, "we are fragments of God-Conscious on a journey back to the One".

Finally, spirituality is an opposite of *spiritualism.* Individuals who believe or follow in the tradition of spiritualism are known as spiritualists. Spiritualists believe that the spirit of those who have died or passed over can speak to their loved ones through a medium. The guru within spiritualism circles is a woman called Madame Blavatsky. The sole focus within spiritualism is the death state. The medium mediates messages between the dead and the living.

There is nothing neither wrong nor superior in any of these belief or life systems because all of them are based on individual choice. I mention this now because I wish to clear up any confusion, on the part of the reader about my intent and what works for me. Spiritual people understand that death in this reality is birth once more into a greater reality. Spiritual people believe in a concept of incarnation in which we come, and we go. In one life we are a beggar and the next a prince. We do this to experience all there is to experience and bring it all back to the One. In that sense, spiritual folks understand that death is not final because there was neither beginning nor end to who we are. There is no need of 'messages' because we all meet up again in a different time and place.

How you define yourself and what you believe in is up to you and it is your choice. Obviously, there are philosophical differences between all these schools of thought yet ironically, much commonality! Buddhism for example, is a religion yet its beliefs are more aligned to spirituality. As

always and regardless of differences in thought, culture, colour, or creed, we have more in common between us.

Significantly, spirituality simply means we are fragments of God-Consciousness on a journey back to the One. To be clear, we are of the Creative Source and whilst in body, separate from it. The analogy of a droplet of water is useful. When a drop of water is ejected from the surface of the ocean, is it simply a water droplet or is it the ocean? How we answer that question is the starting point of our journey. I argue that regardless of our height above the ocean, we are still the ocean. From that choice of thought, I feel we have great power in shaping our existence on planet Earth and that nothing is beyond us. Our purpose within life is simply to be the magic, yet we need to remember who we truly are and where we came from before we can see through the illusion, called life. Third dimensional reality is all about Remembrance and part of our journey is to simply re-member, literally, who we are and where we came from whilst in body.

We are much, much bigger than we were led to believe. We are fragments of God-Consciousness and each of us incarnate time after time within our soul group many times and across many dimensional realities. As we grow old and fat, having conquered most of what we wanted to achieve as youngsters, we begin to ask ourselves those most exquisite and existential questions of Life: who am I, what am I doing here and what is my Purpose? It is here that the magic of humanity starts to pour out and coalesce. This is how it has been for hundreds of thousands of peoples for thousands and thousands of years. Yet, all of that took place where the pendulum between light and dark favoured the dark energies on this planet. Those times are nearly over and the times we are now in offer opportunities to dance up the dimensional spirals of life. Following the ending of the Mayan End Date, it is time to move up and out of this dense third dimensional reality. Despite the darkness and despite having to dodge dark curveballs along the way, humanity is destined for evolutionary magic.

This book is *all about the wonderful you* and it is just a snapshot of our magnificence. To shine a light on the wonderful you, our light must be contextualised against the dark of what we currently experience. Simply put, the dark and the light are expressions of choice set against the construct of third dimensional reality. The term 'free choice' means we can be as dark or as light as we choose to be. The constructs of this dimension do not militate against either extreme of choice, any decision we make is possible. We are born into this world to experience ourselves and in doing so, be in service to others. The essence of humanity is to experience the depth of our exquisite emotions, which entail experiencing everything possible within life. The most significant life experiences we seek, lifetime after lifetime include, compassion, giving and receiving love, the ability to listen, to be humble, letting go of the ego, and everything in between. We experience all these events by re-incarnating numerous times in soul-related families as mother, daughter, son, sailor, tinker, soldier, spy et al. We and no one else judge what we did in that lifetime. There is no one with a big book in front of us, going tut, tut, oh my! We decide whether to do it all again or to move onto something else. As fragments of God-Consciousness, we are never alone, we are always loved and there is no such thing as death: we always are, always have been and always will be.

I set the scene for this book by peeling back the layers of the dark strands of control from our cradle-to-death existence. Humanity has since its inception, been controlled by an alien race called the Annunaki who inter-bred with us. Their hybrid bloodlines have darkly ruled us ever since, yet there is much to discover in how they achieved this. This is followed by a peek under the light-filled hood of humanity. This book is all about you and how we can use our internal spiritual gifts to move forward with love, acceptance, and confidence. Our journey concludes when we morph into an evolutionary species of fifth dimensional ***starseeded light-body***. The journey does not stop there, and it is ever upwards. This is the greatest love story rarely told.

In **Chapter I**, I delve into the origin of the SARS COV-2 virus and the murky world of bio warfare. I explain links between the US 'deep state' actor, Dr Anthony Fauci and the intent behind the emergence of viruses that cause syndromes of AIDS, Ebola, and COVID-19. I also explain how and why Science, academia and governance let society down by ‘taking the knee’ of a Cult-inspired dark agenda of control.

In **Chapter II,** I focus on the core issues of the Cult and their hybrid bloodline, where they live and how they enslaved us. I go on to explain something of the nature of the third and lower fourth dimensional realities. I follow this through with what appears to be a form of demonic possession of Boris Johnson following his hospitalisation in 2020. I then turn to the technologies of the internet, web, and digital consumer devices and how these consumer products are part of the Cult mind control infrastructure. I also detail biological hazards and cancer induction due to exposure to microwave radiation from our phones and digital toys. I also paint a digital roadmap of where the Cult would like to lead humanity if we stand by and let them. It is not pretty and I define it later as a ‘machine world’. Allied to this ‘machine world’, lies the infrastructure of mass mind control masquerading as a mobile phone telecommunications network. Anything with a preface of 'smart' in front of it is a clue to its covert intent. The enabling of technologies capable of the mass mind control of society are sub-programmes of Agenda 21, Agenda 2030 and/or, the so-called Great Reset. Part of Agenda 2030 also includes the weaponisation of our youth in issues such as the deception of 'climate change', wokery' and why politicians, the media, industry, and academia respond to these issues in the ways they do.

In **Chapter III,** I de-construct the climate change scam including Professor Mann's ‘hockey stick’ graph and the media-driven gloom about the end of the world, courtesy of the BBC and Attenborough. I finish this chapter with a look at how Big Tech and social media platforms act as handmaidens to the Cult by suppressing any views contrary to the Cult narrative.

In **Chapter IV,** I take aim at other handmaidens of the Cult such as TV and talk radio shows. All these entities are owned and controlled by the Cult. The media is chock-full of hybrid bloodlines who conscientiously work towards fulfilment of Cult narratives. We listen to them each morning on their Morning Breakfast slots and watch them in cinemas as we joyfully munch popcorn to their latest Hollywood blockbuster. The hybrid bloodlines work across all social milieus. Their purpose is to persuade, manipulate and control the terrain of ideas and consciousness of anything dear to their ways of life. They are expert at it and have been doing this since time out of mind. That is the sole reason why there has always been such a dark undercurrent of violence within the media. They do not report bad news simply because it sells; it is part of their energy and persona. I also explain later in this chapter that the lower 4^{th} dimensional entities, siphon and feed off our emotional energies and they achieve this via perpetual wars, conflict and global strife.

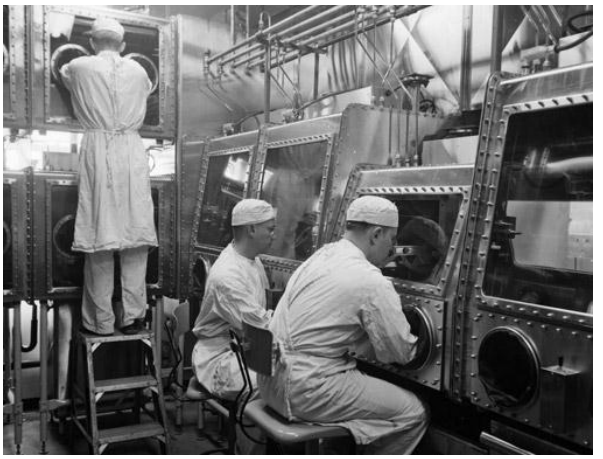
In Chapter **V,** I briefly connect the dots of societal control, yet the focus of this chapter is all about the wonderful us. I explain and peel back some of the layers of our multidimensionality, look at aspects of our star-seeded lineage, Cymatics, 3-stranded DNA consciousness, spiritual awakening, sacred geometry, new/old energy sources for the New Age, space-weather and energy, Kundalini energies, chakras, and psychic intrusion meditations.

I conclude this missive with practical tips on re-gaining our power and sovereignty in the understanding that life was designed to play out within a benevolent system of remembrance. These coming few years will reveal an awful lot of hidden technologies, revelations about self and about life in general. One aspect of our on-going awakening is to prepare for choices and subsequent change within our lives. Whether we believe in woo-woo or not, our acceptance of what we think is happening, is not a pre-requisite for it not happening.

Quite simply, we are way past the mid-point of the biggest, Kahuna we have experienced in our lives. Simply put, humanity is waking from its deep slumber and the Cult are desperately scrambling to keep the reins of control. The Cult do not know it yet but, they have no chance because we

are billions united within a singular consciousness and they are mere thousands. The potentials of the challenges and changes we currently experience were foretold and written in the stars before time began. Many of us feel the urgency of these events but are not quite sure what it all means and how best to respond. I trust this missive will help light the way forward out of the gloom as others have done for me.

Chapter I: Origin of the SARS COV-2 virus



Bio-warfare has been around for hundreds of years and governments have no qualms releasing it on their own citizens and those outside their borders. One of the earliest recorded bio-warfare transgressions was carried out in 1155 when Emperor Barbarossa poisoned water wells with human bodies in Tortona, Italy[(1)]. In 1763, British forces distributed blankets from smallpox patients to Native Americans. During the Second World War, the Japanese army poisoned more than a thousand water wells in Chinese villages to 'study' cholera and typhus outbreaks.

During the First and Second World Wars all 'superpowers' ramped up their arsenal of biological weapons to include anthrax, phosgene gas, Nile fever and haemorrhagic fever viruses, to name but a few. Following the end of hostilities, many countries continued their bio-warfare experiments in purpose-built, bio-containment laboratories known as P4 or BSL4 labs. Many countries have their own research groups, which are affiliated with the world's leading universities. They hold conferences with each other and discuss their current research and progress. In other words, bio-warfare research is now part of the normal fabric of government and academic life. If anyone questions them about their research aims and objectives, they simply respond that they hold stock of the most toxic

substances on Earth to develop antidotes in case humanity is forced to face them again! This is the same analogy used to justify weapons of mass destruction: "weapons are necessary because they help us to keep the peace between nations".

Bio-weapon laboratories - BSL4 or P4

The emergence of viruses such as Ebola, SARS, MERS, H1N1 and HIV AIDS has coincided with the use of bio-containment laboratories BSL-4 or P4 laboratories. These so-called biological containment buildings overtly and covertly deal with bio-warfare/bio-terrorism agents. Bio-warfare laboratories are found in most industrialised countries and these labs have no citizen, national or global oversight. They answer to none because much of this research is rooted in concepts of national defence or simply, 'top secret'. To see what is cooking in these buildings requires a very high clearance level. Much of the lower level scientific research is handed out to universities and outside research groups. It is these groupings, spearheaded by red-brick universities, which legitimate the work of pathogens having the potential to wipe out the human race.

During the early days of the COVID-19 narrative I came across the website of Peter Meyers[(2)] which provided scientifically verifiable evidence that the SARS COV-2 virus was artificially engineered in a lab. Peter Meyers detailed the major players involved in the genesis of this virus. The trail leads from Fort Derrick (USA) to the University of North Carolina (UNC, USA) and ends at the Wuhan Institute of Virology (WIV, China). There are several significant actors to mention who are intimately involved in the Coronavirus saga and they include:

Ralph Baric, point of contact between the US military and the University of North Carolina, Dr Fauci of the US National Institute of Health who funded Daszak's Eco-Alliance research projects. Dr Shi Zhengli, aka 'Chinese Batwoman worked as lead researcher for Daszak's Eco-Alliance in America and later headed the Chinese Communist Party's, Wuhan Institute of Virology.

In short, Fort Derrick gave bat coronavirus samples to Professor Ralph Baric, (UNC). Baric was the UNC's head honcho in gain of function

research. He handed out research contracts to Daszak's, research group, EcoAlliance, totally funded via Dr Fauci using American taxpayer dollars. It is at this level of coronavirus bat research that the wider scientific community hook into the game. They organise conferences, write papers and legitimate the use of pathogen gain of function research. Shi Zhengli aka 'Chinese Batwoman, head researcher for Daszak's Eco-Alliance group eventually left his group to head the Wuhan Institute of Virology, (WIV). The WIV is supposedly a bio-safe PS4 facility yet previous inspections by other country experts revealed poor work practices and inadequate bio-safety procedures and processes.

For me, the coronavirus story stops here because there is no information on what happened to the US military bat samples when it reached the WIV. I speculate that Zhengli 'tweaked' the bat samples further, increasing its gain of function potency and at some time, it escaped or leaked from the WIV facilities. I suspect it was accidentally leaked because it makes no sense releasing a viral pathogen onto the environment if there is no antidote.

I define 'gain of function research' later but for now, I describe it as germ warfare carried out between various countries, their military and academic circles. There was also a conspiracy of silence within political parties, particularly, the media, academia and industry. For example, neither academics nor their universities spoke out about the previous coronavirus work they were engaged in. Science journal editors said nothing about bat coronavirus gain of function research. No country or academic research group spoke out about gain of function research. The media acted in lockstep across the globe, regardless of colour or political ideology. No-one in the media nor political parties questioned the state narrative of closing down countries apart from several African countries. It is here that the world of 'James Bond' scripts meets the every-day reality of 7 billion souls.

Origin of the SARS COV-2 virus

The back-story to the emergence of this virus begins in the murky world of shadowy and very powerful groups, secret op military units, shady University professors, money-hungry scientific research groups and a captive audience of 7 billion souls. Prior to the SARS COV-2 virus outbreak, several virologists in the academic fields were not happy about the direction bat 'gain of function' research was going because it carried with it, the scenario of a possible virus-escape that had the potential to infect the world. The sole purpose of gain of function research is to enable the transmission of potent animal pathogens to humans. Gain of function research effectively locks and loads a pathogen so that it can enter human cells more easily to infect us more effectively. Scientists from countries engaged in gain of function will probably not like my definition but here is one from the US government.

"Gain-of-function (GOF) studies, or research that improves the ability of a pathogen to cause disease, help define the fundamental nature of human-pathogen interactions, thereby enabling assessment of the pandemic potential of emerging infectious agents, informing public health and preparedness efforts, and furthering medical countermeasure development".

In any scientific or medical endeavour, there must be a public good. For example, the Sellafield nuclear reprocessing plant produced weapons grade uranium for their atomic bomb programme back in the 1950s. In terms of real and tangible public good, they also produced electricity for the national grid. They used the slogan "too cheap to meter" to sell their nuclear aspirations to the public. In terms of legitimacy and within the confines of the Scientific Method, those who meddle in gain of function research argue they must keep samples of the Black Death, Bubonic Plague, and other agents of pestilence, just in case there are future epidemics. All of that is political double-speak to be able to do what they want with taxpayer's monies and no accountability.

Gain of function research had been going on for years and in 2014, a moratorium was agreed between its researchers to stop bat 'gain of

function research', which lasted between 2014 and 2017. Despite this moratorium, Dr Fauci's National Institute of Health (NIH) decided to carry on anyway and awarded millions of US taxpayers' dollars to the Wuhan Institute of Virology (WIV) which is under the direct command of the Chinese Communist Party. The person in charge of the WIV at this time, which is a BSL-4 bio-containment lab, was the Chinese Batwoman,

It is here that the origin and emergence of the SARS COV-2 virus takes on a 'Bond-esque', movie theme. Fort Derrick is a military secure, biological weapons and biological defence installation located in Maryland. Its military laboratories work on pathogens such as Ebola and smallpox viruses. These facilities also house the National Cancer Institute, the National Inter-agency Confederation for Biological Research, the US Army Medical Research and Development Command for the National Inter-agency Biodefence campus.

It is obvious to anyone that there is a lot of research that takes place within this installation that is above top secret, otherwise, why house it in a military installation. These types of underground bunkers also house various levels of research ranging from, 'dolly the sheep', animal cloning to unspeakable experiments between animal/animal and human/animal abominations. I suspect Donald Trump whilst president of the USA was completely unaware of what goes on in these hellish military underground laboratories.

The dark world of Dr Fauci

Dr Fauci appears to be the dark link between the 'deep states' work on gain of function on different types of pathogens and their release into the environment. The military and privately-run BSL-4 laboratories give away viruses and pathogens to other research organisations and deep-state connected individuals all over the world. It is documented that during the scientific and cultural exchange programmes between the USA and China, a bat virus strain was handed from the USA to the Wuhan Institute of Virology. Therefore, the first link in the emergence of the SARS COV-2 bat virus originates from one of the deep state underground laboratories in the USA. When the bat virus reaches the WIV, it is not possible to say what further gain of function potential was engineered into the virus itself. Suffice to say, the WIV locks and loads the virus and the virus finds its way into the environment.

The reality of what happened to the US-military, gifted virus once it reached the environs of WIV is somewhat difficult to pin down because of the closed worlds of military bio-warfare and bioweapon mind-think. There is also the problem of secretiveness generally employed by various governments around the world on the state of art of their bio-warfare achievements. No country likes to admit to working on a virus or pathogen, which has the potential to kill half the world's population if released into the environment.

This brings me to issue of deep state underground laboratories located all over the place, usually managed by special military units sited in or under mountain chains. At the level of the deep state, there are no US, Chinese or European bio-warfare laboratories because they all work for the same team. This sounds like something from a Bond movie. Ian Fleming who wrote the Bond character painted a realistic scenario of what goes on, deep underground in military bunkers, which connect to each other via very, high-speed trains. There are all sorts of stories about Ian Fleming, was he a secret agent of MI6 or not? At one time, he worked for British navy intelligence and consequently aware, what goes on.

The workings of the ‘deep state, secret military underground bio warfare laboratories and major players involved is best envisaged through the lens of a Bond movie. In this movie, members of a modern-day SPECTRE include the Bushes, the Clintons, Obama, Putin, Merkel, Macron, the Queen of England, Prince Charles, Bezos and Elon Musk. They are sitting down together, drinking fine wine, eating venison, and slapping themselves on the back for finally releasing their pet bat virus onto an unsuspecting world! At the head of the table sits the Queen of England with her right-hand man who is stroking a white, long-haired cat. This man looks suspiciously like the Bond villain, Blofeld or is it Klaus Schwab, head of the World Economic Forum! I guess much of that is not too far from the truth.

Back in the real world and very early into the emergence of the SARS COV-2 virus, important stuff was afoot.

Indian researchers uncover secrets of the SARS COV-2 spike protein

"We are currently witnessing a major epidemic caused by the 2019 novel coronavirus (2019- nCoV). The evolution of 2019-nCoV remains elusive. We found 4 insertions in the spike glycoprotein (S) which are unique to the 2019-nCoV and are not present in other coronaviruses. Importantly, amino acid residues in all the 4 inserts have identity or similarity to those in the HIV-1 gp120 or HIV-1 Gag. Interestingly, despite the inserts being discontinuous on the primary amino acid sequence, 3D-modelling of the 2019-nCoV suggests that they converge to constitute the receptor binding site. The finding of 4 unique inserts in the 2019-nCoV, all of which have identity /similarity to amino acid residues in key structural proteins of HIV-1 is unlikely to be fortuitous in nature. This work provides yet unknown insights on 2019-nCoV and sheds light on the evolution and pathogenicity of this virus with important implications for diagnosis of this virus".

In other words, the elites of many countries including, China, US, UK, Europe, and Australia knew exactly what would happen once the virus was released into the environment yet remained silent. It was not just government figure-heads who remained silent on the emergence of the

SARS COV-2 virus and its origin, all the scientists involved in bat coronavirus gain of function remained silent as did their universities.

This paper[3] was later retracted by the lead author because "he did not want to feed into conspiracy theories". Regardless of the scientific coyness of the lead author, the Indian researchers inadvertently strayed onto Cult sacred ground. The HIV GP120 protein found on the spike is proof positive that the SARS COV-2 virus was artificially produced. If the mRNA vaccines are based on the original spike protein, then clearly it suggests that anyone who has had the virus will develop AIDS (acquired immune deficiency syndrome). Whichever way you look at it, politicians, Big Pharma, military researchers (deep state included) and whole chunks of academia are involved in an aggressive act of eugenics i.e., depopulation and reduction of human fecundity, right here, right now.

I turn back to Dr Fauci because the parallels between the SARS COV-2, Ebola and recent bird flu viruses go back to a very dark common denominator. The person in charge of the HIV (human immunodeficiency virus) from the 1980s was none other than, Dr Fauci of NIH. He was also in charge of research into the Ebola virus and, of course, he and his organisation hold all sorts of patents including analytical methods for the determination and analysis of the SARS COV-2 virus itself. Dr Fauci has been a very busy man during the past 50 years or in the field of 'gain of function' research in viruses.

An interesting fact with regard to the SARS COV-2 virus is that no one attempted to determine its genomic structure, particularly its spike protein. Oddly, when the HIV gene first appeared within society in the 1980s, only a partial glimpse of the spike protein structure was made available to virologists outside the US/UK/EU/USSR network of virologists. In other words, if we look at the dissemination of information following the identity of the SARS COV-2 virus, a virus we have never seen before, there was no information on its full viral glycoproteins.

If virologists have no information on the genetic sequencing of the SARS COV-2 virus, particularly its spike protein, how can they come up with (a) a vaccine and (b) means to analyse COVID-19 markers? What proteins are

the PCR and lateral flow tests actually targeting? There are so many unanswered questions?

Many researchers around the world asked for information on spike protein genetic sequencing via freedom of information requests, yet all governments (British and Australian to name just two) said they do not have this information.

Koch's Postulates had not been used to verify the existence of this virus and the secrecy behind the origin of this virus was never talked about, but all of that is understandable. It is understandable that governments and the military-industrial complex never talk about anything they do not wish to disclose. The SARS COV-2 virus was artificially created in a laboratory and its spike protein weaponised against humankind. This is patently evident from the existence of the GP120 HIV insert. The GP120 HIV inserts are unique fingerprints of gain of function research. Is it little wonder that the deep state actors involved in the emergence of the SARS COV-2 virus would not allow any information or acknowledge this virus contains the HIV, AIDS (acquired immune deficiency syndrome) within its genetic structure. This disease impairs the ability of the immune system to do its job. One significant implication of having AIDS is that your immune system will be useless in fighting any further viral attacks from the SARS COV-2 regardless of its mutated state.

Is this why Cult-controlled governments all around the world acted in lockstep in terms of measures to control the virus and at the same time, completely ignored the origin of the virus? What were the real reasons for all countries to demand their citizens to “roll up their sleeves and get jabbed" not once but four times (as of April 2022)? China is one of the few remaining countries who adopted a so-called ‘zero tolerance’ to the SARS COV-2 virus. I wonder why?

Mark of the Beast – COVID-19 mRNA vaccines

The Cult directed its political, medical, academic, media barons, judiciary and captains of industry stooges to take advantage of the SARS COV-2

virus to inject everyone with what I call the Mark of the Beast aka mRNA vaccines. The administration of these vaccines on a truly global scale is part of the human eugenics plan i.e., to de-populate us, plain and simple. Is this why governments across the globe including the UK and USA, targeted ethnic minorities and pregnant women to "get jabbed"? This 'proclamation' was coldly disseminated via the NHS, (National Health Service) and media despite no safety trials carried out by Big-Pharma.

It was also very clear early on in this 'plandemic' that the virus adversely affected those with existing illness in excess of 82 years old. Why did the Cult attempt to inject this technology into 5 year olds and below?

Of interest, is the way in which the elites at the top of the NHS and the media became attack dogs against anyone who argued against the state narrative! That state narrative has always been, get your jab or you will die and wear a mask to protect your mates and socially distance yourselves because we want to trash the economy whilst we destroy you. That is a very crude lesson in de-ciphering what politicians actually mean when they say, do this or do that. They speak with forked tongues because these Cult-owned politicians have covert agendas in play.

If we get back to basics, it is clear at the onset of this virus that Science died, as did journalism and the professional ethics of those working in health care. I understand we must be cautious in situations like this, but we should never forget our instincts to help each other and alleviate pain. There are several reasons for the 'zombification' of society in the compliance of society during the COVID-19 era and this will be discussed in detail later.

The real science of virus identification can be found in the work of Robert Koch’s Postulates, published in 1890. They form a line of objective inquiry that conclusively proves that a virus or bacterium is responsible for causing a disease.

The reason why Koch's Postulates were not followed is very simple, it would blow a hole through the narrative that the SARS COV-2 virus had jumped the species barrier. The Cult are desperate that no-one outside their influence have the temerity to carry out the science to prove once and for all whether this virus was artificially engineered in a laboratory or arose naturally to jump the species barrier. China knew exactly what went on much earlier than anyone else did, hence the CCP (Chinese Communist Party), locked down and fumigated everything that moved or dare draw breath!

Clearly, the political, scientific, and military leaders of the USA, UK, Europe, Australia and other countries involved in gain of function research also knew all they needed to know about this particular virus. They were only blind-sighted in how and under what conditions the virus was released. There is a common pattern emerging behind COVID-19, AIDS, Ebola and Asian bird flu outbreaks and that denominator is Dr Fauci.

Koch's Postulates

(a) the microorganism must be found in the diseased animal, and not found in healthy animals.

(b) the microorganism must be extracted and isolated from the diseased animal and subsequently grown in culture.

(c) the microorganism must cause disease when introduced to a healthy experimental animal.

(d) the microorganism must be extracted from the diseased experimental animal and demonstrated to be the same microorganism that was originally isolated from the first diseased animal.

Before the days of Big Pharma and its 'integration' into the UK's National Health Service (NHS), I remember being sent to 'measles parties' as a child. If any kid in our neighbourhood had measles, a measles party would be held, and everyone was invited! In this way, all of us had an opportunity to catch measles whilst young. I contrast that with the current doom-laden notices and signs inside my GP practice. The notice board pleads for parents to get their child vaccinated against measles, as if measles itself was on a par with Dengue fever. Question, how did the NHS get away with weaponising and frightening new parents about the dangers

of measles? I delve deeper into this issue in the next chapter. Before you ask, the virus that causes measles was not mapped either, just like SARS COV-2 and HIV!

Bio-warfare laboratories whether military, private or civilian-controlled should be shut down because they are a menace to society. They exist to ‘tweak protocols’ for keeping alive, all sorts of pathogens, viruses, and bacteria. The one common denominator behind the past 50 years of so-called gain of function research is Dr Fauci. Perhaps, we should really call 'gain of function' research, the ‘Fauci Effect’. In days to come all of this will eventually come out and we will marvel at the corruptness of the very institutions we thought, schooled, educated and treated us for good health! These next few years will be full of all sorts of revelations and that is something I await with anticipation. That is conspiracy fact and not conspiracy theory!

One final thought on the global proliferation of BSL-4 laboratories across the globe. These installations are the one we know something about. Is it possible myriad other bio-containment labs cranking away deep in the bowels of the Earth? Clearly, Area 51 is one such installation. I wonder what is really cooking down there deep in the bowels and shadows of heavily secured military installations.

Chapter II: Dimensional energies and the dark side of the Force

In 2001, I remember walking along the platform of the London Piccadilly Line tube station. There were two people in front of me heading in the same direction. I watched in disbelief as I realised the people in front of me went through the motions of walking, yet their feet did not touch the ground. It was just weird! From that day forward, I knew we were not alone.

This next section is difficult to put into words, simply because much of what follows requires a 'third' language. This third language is based on feelings, intuition, and remembrance of who, and what we are and where we come from. In short, this language is music for the soul, and it cannot be understood from a position of 3D rationale or objectivity. Topics such as dimensions, multidimensional energies and indeed, spiritual awakening itself cannot be explained through words because these experiences are multidimensional in nature and extremely experiential.

In 2014, I went through a deep spiritual awakening, a dark night of the soul journey and back to where I am today. I wrote a book about my experiences and wrote down everything I could put into words. It was very difficult because I was going through a lot of stuff, I was all over the place and I found it difficult at best, to put pen to paper and fingers to keyboard. I am currently in a similar position today. It is difficult to describe the almost unexplainable because much of it is not common currency of thought. It is akin to describing slight differences in tone of high pitched sounds to someone totally deaf.

Although I trained as a scientist, I also have a spiritual perspective, much stronger than my 3D scientific background. Anything related to a 'third language' or anything which is not cultural currency, may irk some but not others. In other words, you might be triggered by words such as "spiritual woo-woo" or "scientific objectivity" and mentally switch off to what follows. I stand on the shoulder of a giant to describe this 'third language' and his name is Nikoli Tesla.

One way to envisage “everything is energy, frequency and vibration” basis of life is to imagine 6 souls in an empty room. Each soul has a different consciousness to its neighbour. Each dimension differs slightly to its neighbour based on the consciousness of the soul occupying that dimension. Thus, differences within consciousness of each soul, locks each soul within the constructs of its dimension. Each soul is very happily living their life, unaware of anything else happening in their corner of the quadrant.

The person in dimension 1 can look ahead. Its perception is one flat road. The individual in dimension 2 sees the road ahead and its width. The person in dimension 3, walks along which has width, depth and height. She knows she is climbing a mountain track and almost at its summit. The person in dimension 4, sees everything going on in the lower dimensions yet realises that ‘time’ is not present in the equation for this dimension. Theoretically and practically this soul simply walks through the mountain to its other side. In other words, each soul in each dimension simply gets on with life within the constraints or properties of its dimension. As we evolve past the 4^{th} to the 5^{th} dimensions, we become less dense, less dualistic in our thinking and begin to realise the inter-connectedness of life and its mathematical precision. Therefore, as we raise our vibrational frequencies even higher, we experience more that Life has to offer. The notions of ‘duality’, ‘right’ ‘wrong’ or ‘truth’ take on ephemeral meaning.

The soul in dimension 6 understands the geometrical underpinnings of lower dimensions and can orchestrate the music of the spheres to change the meanings of existence in lower dimensions. These geometric influences filter down through the dimensions to alter, amend, and change physical constants. For example, consciousness is held in place by magnetism. If we alter the constants of magnetism, we increase the potential for raising the vibration of individual within that area, leading to mass spiritual awakening. The key to all Life is consciousness and everyone’s consciousness vibrates at or within specific bands of frequencies. Spiritual awakenings in 3D body catapult that person into other dimensions in which strange things happen. Think of a dream in which everything is muddled up time-wise and you begin to get a feel for what happens.

Each dimension can be sub-divided into discrete densities or levels within itself and life becomes even more interesting. Nostradamus for example, understood many aspects of 3D existence and then some. His gift was seeing into future events and musing on the probabilities of what he was seeing could happen. His rate of vibrational consciousness was above average to the rest of us. This means he was able to access so much more information about life around him. We all have this ability to see and experience more of life by increasing our vibratory consciousness in order to 're-member'.

Psychics, mediums and gurus also have this ability to see beyond the 5 senses and it is all down to vibrational frequency. Every time we laugh, are joyful or full of gratitude and grateful to be alive, we raise our vibration. Each time we stride into nature, do what we love to do or when in service to others, we raise our vibration. It is easy to see other souls in the moment, their eyes twinkle and their energies invite you in to take part in what they are experiencing. During these moments of course, time has no meaning because the concept of time is a very powerful construct of 3rd dimensional reality.

Nikoli Tesla argued that everything in life is energy, frequency, and vibration. Consciousness itself is also energy and if we accept the above as real, we can say that a single cube of physical space holds many dimensional realities. The fact that for the most part, we cannot see them exist within each other is neither here nor there. As human beings, we currently occupy the third and lower 4thdimensions of space/time. We are rapidly transitioning to fifth dimensional existence and conscious, the Age of Aquarius. Each dimension of existence has its own physical properties and associated multidimensional constructs and energies. Dimensions are simultaneously fixed by properties, which are paradoxically, fluid, separate yet inter-mingled. Within a 'third language', the easiest way to describe these events is to label them multidimensional.

There is nothing linear, nor straight in multidimensional properties. My shorthand for explaining multidimensionality is simply to think of the word, magic. Think of the energies of ghosts that haunt castles and other places. Some of us can sense and see ghosts yet what we see, is a sort of

'replay' of energy from that person just before dying. As that person passed over to the other side, the energies of their struggle, grief or emotions were, so strong they imprinted their energy signature onto that physical space. These types of 'ghostly' apparitions or energy imprints are easy to spot because these 'ghostly' energies are 'doomed' to go through the same motions, time after time, day after day and year after year, until they are cleansed and finally released.

That ‘ghostly’ energy imprinted within physical space also explains why some people can walk across an old battlefield and feel the stress, anxiety, and depression of soldiers fighting for their lives, hundreds of years ago. These types of energies literally hang around for years. I always envisage myself, others and everything else as unique packets of energies having different vibratory signatures. In that sense, we are all the same yet uniquely different. We exist in the same space yet some of us can see beyond the veil of the 5 senses. This is due to the differences in our energy signature.

Energies of the 1st and 2nd dimensions

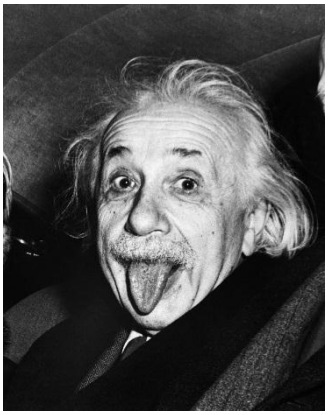
The first dimension relates to the physical substances of our reality, such as the earth’s core, magma, minerals, and rocks. The energies in this dimension are relatively ‘fixed’ i.e., vibrationally slow compared to the succeeding 2nd and 3rd dimensions etc. The energies of the second dimension relate to the earth-keepers and mythical creatures such as the pixies, the elves, the little people etc. They look after the forests, waterfalls, glades, and special places relatively untouched by human thought. The dimensions of interest to us earth dwellers go up to somewhere to the ninth dimension. Each succeeding dimension has its own characteristic set of physical, metaphysical, and multidimensional properties, yet all dimensions (as far as I understand it) whilst in body, occupy the same space.

Is physical space empty?

Indulge with me in a mind experiment: is a physically empty space in your house, empty or not? Our eyes and ears are for the most part, sensors tuned to operate within a specific band of frequencies and they do a good job telling us about what is in our immediate environment. What they cannot do is make sense of any energies outside our optical or auditory spectrum. An example of this is to look at another type of detector called a transistor radio.

Turn on a radio and listen to the music. Spin the dial, change frequency, and find another radio station. Thus, within the same physical space, you can find a multitude of discrete radio stations separated just by differences in frequency i.e., 95.8 MHz versus 96.7 MHz signals. In other words, you have just determined that the empty space in your living room is capable of housing a multitude of different energies you can hear if you tune into them but alas, cannot see or hear if you move away from the transmit frequency. If we have a radio transmitter that can broadcast outside our auditory spectrum and we tune into the frequency of that station, we hear nothing. The signal is there but we have no way of decoding those frequencies. The fact that we cannot hear these sounds does not mean we are not affected by them because dimensional constructs are specific frequencies or bands of frequencies that define everything we physically experience in that reality.

Our bodies feel dense and physical, so does the chair we sit on. Bang a piece of wood with your hand and it hurts. In the same breath, the atoms in our body occupy vast differences between them yet are all packed together via their wave-like cloud quantum behaviours. Quantum events at the atomic level tell us that empty space is anything but and the magic to note here is what applies to the human body also applies to the universe in general – as above so below.



In other words, it is easy to understand that what we deem 'empty' can only be defined by the types of sensors we use. Our eyes and ears are OK up to certain frequencies but beyond that, they are useless. We can use other types of sensors to identify frequencies out of scope to us. For example, we can use a radio telescope, point it towards the sky and boom, the noise and vibrational intensity of signals from space can be seen, heard and quantified within the parameters of the equipment used.

Similarly, if we discuss our consciousness or multidimensional energies, it becomes even more woo-woo because Classical Physics has little if anything to say on these issues. This is because physics is based on empirical methods and what it cannot see, hear or quantify, does not exist and ignored.

Quantum physicists, on the other hand, are much further ahead in their understanding of 'what is out there'. This exciting branch of Physics now accepts that consciousness alters the outcome of an experiment. The theoretical implication of all of this is to say that if consciousness affects the outcome of an experiment, this force must have an energy that is detectable, measurable, and quantifiable. Presently, we do not possess the understanding to determine the nature and properties of consciousness empirically but none the less, that discovery is just around the corner. There is a lot to understand about multidimensional energies but for now, these energies can shift our perceptions and awareness of consciousness i.e., what we are able to cognise and access within our physical reality.

We are multidimensional beings and hold consciousness within and across many planes. Imagine living 23 different lives in different dimensional densities. Imagine living, breathing, creating or simply existing in one dimension and remain unaware of your glorious self in other dimensions?

Imagine one dimension giving you access to not just your current 23 lives but everything that came before those lives. Imagine multiple lives within 23 different dimensions, all taking place at the same time and verily, I say unto thee, it is time for a bit of head scratching. There is a lot going on but that is part of our magnificence and star-seeded heritage.

Our consciousness within a 3D reality is constrained by the constructs of that reality. That said, the very constructs of our current 3rd dimensional reality have begun to change on a quantum scale. The magnetics of the planet are undergoing change and so does our consciousness. We were all born into an electromagnetic grid that stripped us of our magnificence and we simply forgot who and what we are. That original 'prison-grid' was put in place by the Annunaki over 200,000 years ago and it is only within the past 36 years or so that its intensity is being to rapidly diminish. The dissolution of this old Annunaki magnetic grid free the constraints on or consciousness and we are all, beginning to wakeup. It truly is the greatest story rarely told.

Multidimensional energies shape and hold in place, real physical worlds and realities and we can sense changes in these energies through our heart and pineal gland. If we stick with the idea that consciousness is an energy that acts as a portal or gateway to our understanding and interpretation of reality, we can wade a bit deeper into these issues by looking at what happens when dimensions merge or collide. Tesla was correct in saying that everything is energy, frequency, and vibration. If we view reality through this filter, much clarity is gained because we can determine a common denominator within life to simplify and better understand what is going on.

Dimensional realities and parallel universes

Our dimensional properties are relatively fixed, yet somehow provide a mosaic and fluidic weave of physical and multidimensional properties capable of changing the tapestry of life. There are certain types of energies that have a capacity to affect physical constants across several dimensions, (a) radioactive emissions and (b) cosmic energies. Radioactive emissions, especially the anthropogenic types we use in nuclear power plants and nuclear weapons, cause unimaginable ripples of upheaval in the Cosmos. I focus in this missive on Cosmic energies from the sun and beyond because emissions of this type directly and positively affect our biology and consciousness and re-shape our natural and physical environment. From time to time, cosmic energies cause dimensions to merge within each other. These events are called 'dimensional bleeds'. If we simply accept that consciousness has measurable energy and capable of doing work, it follows from this that thought itself has creative power.

I cannot define consciousness or the workings of the brain or how the mind works, but it is easy to visualise that our thought processes i.e., how we perceive, and process data takes place through the medium of thought. Simply envisage that all human beings have at their disposal multidimensional energies capable of creating stuff, consciously or sub-consciously. By definition, what we focus on, we create, and it becomes real in our reality. These abilities were largely sequestered from our histories and waking consciousness via off-world alien forces. Instead, we were taught how small we are and that others died for us. Religion, political and economic forces hammered this new visage of humanity at every opportunity and soon our ability to live as conscious, multidimensional beings was largely wiped away. All this happened within a context of a struggle between light and dark and its effects on our existence within a dualistic 3D reality. Although the aggressors managed to quell our light, they were unable to stamp it out. They were unable to manipulate the quantum codes within our so-called ‘junk DNA’. It is only now that most of the humanity is once again, starting to access its star-seeded magnificence and slowly, slowly utilising their Creative Source-

given, powers of multidimensional creative energies. **As we think, so we become.**

We interact with multidimensional energies each time we have a thought. Our ability to create our reality is never taught in schools and never discussed within religious circles. Just imagine, we can create a reality based on a single thought. The speed at which it thought manifests is dependent on the intensity of those thoughts. Think of the power of affirmations and you are halfway there in understanding what is going on within the Cosmos. That old adage, "be careful what you wish for" has always held resonance in our consciousness but in the coming days, its significance in how we respond to each other and world events is going to catalyse or stall our evolutionary status – once again, it's all about choice.

The creative power of a single thought can be amplified and realities manifested much quicker when a group of people come together with one focused intent. Imagine the creative and transformative power of a hundred thousand individuals coming together across the globe at the same time, each having the same thought – that would lead to a very powerful manifestation of that group's wish. In fact, the word 'wish' is inappropriate because you simply send undirected feelings of love and know that it will be appropriate for that person or indeed, that country. That is one example of how the human collective consciousness can shake and change the world in an instant.

Most of us are unaware of our power but all that is due for change. The dark t-shirts understand the power of thought and its ability to create. They come together in groups at specific times of the year in specific settings and locations to do the same thing. The 3rd dimension is based on duality and there are no limits on how dark or light these gatherings can become. We can simplify this discussion by saying that for each individual choice we create a parallel reality. Imagine that within a 24-hour period, we create a hundred parallel realities that run alongside each other. They are like each other but differ in small ways. Instead of realities, I prefer to use the term, timelines. In one timeline we might be wearing yellow socks and in another, grey. As the name implies, each timeline runs next to its neighbour and each timeline is produced due to a single thought or choice

we make. Clearly, if we have five thoughts on one issue, we create five timeline realities that differ marginally to their neighbour. If we say yes to one question, then say no, 15 minutes later, events based on our latest choice are played out in separate yet parallel timelines. The true timeline out of all possible timelines is simply the one we focus and put our energies into. If we focus on one event clearly and with intent, we go into the Now of that reality. That uppermost clear thought becomes our reality. The moment of Now is experienced when you just do it, without conscious thinking. This is a paradox, and part of the third language conundrum.

In the moment of Now, you lose sense of linear time, with its past, present and future. You just are and life simply carries on. For much of the time, we sub-consciously create yet the magic happens when we consciously create from the Now. Other times, we create out of fear and lots of us understand that what we focus on we usually create. It's all about the notion of choice and how choices play out when thoughts create reality. We can step up one gear and say that (a) we create realities with a single thought i.e., consciously and (b) we create realities with simultaneous conscious and sub-conscious thoughts under certain environmental conditions.

Our perception or awareness of consciousness is sometimes catalysed when exposed to strong cosmic energies. Matter forcibly ejected from the surface of the sun called CMEs (coronal mass ejections) can also directly alter our perception of consciousness and life becomes strange under those circumstances. Under these conditions, you may find yourself in the same environment, yet everything feels and looks different. Past, present, and future become jumbled and when this happens, it is like someone pulling the rug from under you and you deep-dive, way past the constructs of this dimension.

When the pillars and constructs of perception tumble down, it can be wild, hair-raising, or plain confusing. Some call this a dark journey of the soul because much of it is familiar yet strangely different.

As an analogy, think about the effects on our psyche during a full moon. Police, ambulance, and hospital staff will lay testament to the fact that during certain phases of the lunar calendar, particularly during full moon, they are very busy responding to call-outs from the public. The term lunatic is derived from lunaticus, as in ‘moonstruck’, and lunar is Latin for ‘moon’. Thus, Cosmic energies from our local sun, can 'bump’ us from our present' reality into very different realities or more appropriately, timelines. These events are usually short-lived and so brief that we may not even realise what just happened. In other words, energy, consciousness, and reality can at times be both firm and fluid at the same time. Our relationship to cosmic energies can be tiring at times and we need to ‘veg-out' and rest.

One analogy of this that may be useful is to visualise yourself as a capacitor. A capacitor can absorb a certain amount of energy and release it slowly over time. If a capacitor is charged up too quickly and outside the parameters of that device, it may simply pop or go ‘short-circuit’. When exposed to strong cosmic energies, we can literally, charge up very quickly yet unable to slowly drain off excess energies ourselves. Each time we touch a bulb or switch an electrical item on or off we may cause it to fail or blow a fuse. Concurrent with being charged up, we may find ourselves 'bleeding' into different realities and timelines. In other words, life no longer operates from all the constructs we are accustomed to such as time and its familiar linear concepts of past, present, and future. When this occurs, it is best to get into nature and go for a walk amongst the trees. Gaia will recognise what you are going through, and the trees and birdsong and all the smells of nature will ground you back into your present reality. Find time to just be, breathe deeply and show gratitude for

being in body at these times. The energies of gratitude and compassion for oneself, at these times are beneficial and benevolent.

Beyond the point of no return

We are past the point of no return in terms of shifting from a 3rd to 5th dimensional consciousness. There is no going back, and we are all heading into the direction of the Big Kahuna saloon. Our reality is fluid, and the constructs of time and space are bending and mixing everything up. During times of dimensional collisions or multidimensional warping, we may experience stuff we cannot make sense of because it might be the first time, we have consciously taken part in such events. It is not unusual to be in a space where you cannot make sense of anything. It can be a wild ride and you just must be with it, till it changes. The point of all this is to say that at times, our emotions will be all over the place and therefore, little if anything makes sense. Try not to be in control of anything and simply be with the experiences. The Buddha attitude is very important during these times because it is all about letting go, not clinging to a reality you know and not worrying about where or when it may end.

A time of spiritual awakening

We are waking up and evolving spiritually or to put it another way, our vibrational frequencies are increasing. As we move higher up in frequency, we sometimes transition across two or more dimensions at the same time. This is happening to the more spiritually evolved individuals amongst us. They are getting glimpses of 5th dimensional realities before we get there. That is why from time to time you may experience the no-time in which everything and nothing makes sense. During these periods, time and space have no meaning and you exist and experience something akin to numerous déjà vu moments. Relax, take a deep breath, and congratulate yourself because Life is telling you something about yourself, where you are from and ultimately, where you are going.

Dimensional properties and constructs of Earth Life on planet Earth are three dimensional and on our first breath out of the womb, we are imprinted by an electromagnetic signal specific to our place of birth. The magnetic properties of this signal differ depending on where we are born.

Astrologers know all about this stuff and it has been practiced for thousands of years in places like Tibet and China, well before astronomy was even invented. During the past twenty-five years or so, the magnetics of the planet have shifted considerably. Magnetic North can now be found somewhere in Siberia. Fifty years ago, Magnetic North was somewhere at the North Pole. The magnetics of the planet are multidimensional by nature and as discussed previously, little understood. As the magnetics of the planet change, so does our consciousness. We are beginning to feel and experience subtle changes in our perceptions of physical 3D reality. Our 3rd dimensional reality is complex because it is plugged into the first and second dimensions, yet privy to and influenced by the 4th dimension and above[10].

Multidimensional energies act circularly and do not respect any form of hierarchy. To understand how they work and how they shape our consciousness, it is sufficient to say that the energies of the first dimension are no more important than those of the 3rd and likewise the 6th dimensional energies are no 'higher' or more significant than those of the 4th dimension. Dimensional realities merely represent a multiverse or soup containing various frequencies, properties and vibrations that enable us to experience life, make sense of it all and take it all back to Creative Source so that It can experience itself. We are beginning to loosen our perceptions on what is real and what is not. Most of us are being catapulted into the 4th and 5th dimensional realities without even realising it. Feelings of déjà vu may indicate a jump into a parallel timeline. Humanity is now on a catalytic roll toward 5th dimensional being. Before we get there, however, we must cross the 4th dimension. The 4th dimension is also the place of the collective consciousness of mankind. The 4th dimension represents a tapestry of an intertwined human and extra-terrestrial collective. These consciousness events are based on memories, thought forms, real events and imaginings that stretch back into the mists of time.

The Dark Side of the 4th dimensional Force

Fourth dimensional energies are largely, but not exclusively, non-physical in character. The lower 4th dimension is home to all sorts of life forms

both physical and non-physical. This dimension is home to inhabitants of planet Anu, the Annunaki. Some of us can see these life forms as gaseous puffs of black smoke. Others can see them as they are physically and they have reptilian features, The Annunaki originated from the Sirius tri-variate Star System. Back in the mists of time, the three planets of Sirius were caught in the dynamics of an ascension process. One of these planets ascended into 6th dimensional consciousness which is the home of the Sirian High Council. A second planet stayed in 3D reality and was catapulted into a 3600-year orbital hiatus into the depths of space. This planet is called Nibiru and every 3600 years it re-appears close to planet Earth. When it does, mayhem, death and destruction follow its wake.

Some inhabitants of the 3rd planet, called Anu, found their home in the lower 4th dimension. The 4th dimension acts as a 'repository', both real and imagined, for what has gone on in the 3rd dimension. It is here you find entities that call themselves gods (small g) and other mythical creatures of yesteryear. The lower 4th is also home to entities which love to prey on humans. These energies are dark, deceptive and full of stories and drama. Hollywood parody these energies as parasitic and/or possessive. Just like in the old Dracula movies, you must invite them in before they can do anything to you. When in physical form, they appear demonic as depicted on the spires of many gargoyle-clad cathedrals. Other varieties of lower 4th dimensional entities appear similar in 3D reality to the witches portrayed in the Wizard of Oz. Their purpose is to seek out 3D existence by melding with us. They specifically seek entrance into our headspace, and they can talk to and influence the individual they possess. When their meld is successful, they usually masquerade as some form of

therapist or spiritual counsellor. They understand stuff about auras, energy bodies and many aspects of true reality. They also understand our physiology and psychology and know how to ingratiate themselves into our existence. They are very deceptive, lie, cheat, and cunningly get what they want - us. In the spiritual grand scheme of things, we hold absolute power over them by letting them take possession of us. They do this via subterfuge and their chief arsenal is deceit and deception. When we ask them to go, they must do as they are told.

Their path back to the One is slightly different to ours because the energetics of the lower 4th dimension are very different to that of the 3rd dimension. It is also important to understand that there are many different types of energies and life forms, both dark and light, co-existing within the interstices of our 3D – 4D realities. It is hard to imagine that our histories were peppered with struggles between the indigenous and alien 'gods'. If we look at popular genre of Hollywood films, it appears that many of the DC and Marvel super-hero types were probably based on something more than myth or fantasy.

We still wait to hear the greatest story rarely told about our true star-seeded lineage from the stars and beyond! The story behind the Great Experiment, the Pleiadeans, Sirians and other star races and the birthing of our lineage can be found in Pat Cori's book[(9)]. Lower 4th dimensional entities are found in abundance in places that wield social power over humans. Places such as the White House in America and the Houses of Parliament and House of Lords in the United Kingdom, are obvious targets of possessive entity human control. It is through these institutions that the dark aristocratic reptilian bloodlines rule over us and provide access to other-dimensional entities that feast on us. The rich, powerful, and socially mobile also become targets for these entities. Lower 4th dimensional entities are attracted to individuals who wield power and influence, whether in politics, journalism, or any human endeavour i.e., music and entertainment that may affect the minds and consciousness of billions of humans.

The royal European, Japanese, and Chinese families for example share one Annunaki bloodline. They breed within the same family to keep it 'pure' and 'untainted'. Queen Elizabeth II is the current top dragon of this bloodline. Bloodline is important to the Anunnaki hybrids because it enables a much easier and cleaner connection to be made between this 3rd dimension and the lower fourth dimension. One example of what appears to be possession of a distantly related dragon bloodline or 'take-over' is the current UK Prime Minister Boris Johnson. Strangely enough, Boris Johnson is a distant relation to the Queen of England and as such, part of the reptilian bloodline.

The Prince of Wales, Charles, wryly jokes about his blood connection to Vlad the Impaler, a Romanian horror story. Get this, most Presidents including Trump, Obama, the Bushes and Clintons are of this very same dark energy lineage. When a new kid on the block suddenly comes onto the world stage, I sometimes search their genealogy and bloodline. Have a look at this post on the quora.com forum: https://www.quora.com/Who-is-more-closely-related-to-Queen-Elizabeth-II-Donald-Trump-or-Barack-Obama

"The Queen is a 13th cousin of a grandparent of Donald Trump through his maternal side (Scots). The queen is a 10th cousin of a GREAT grandparent of Barack Obama through his maternal line. Donald Trump is an 18th cousin of a great grandparent of Barack Obama. There is 2% likelihood that Trump is related to any royalty through his German ancestry. So, by a small margin Barack is more closely related. By the way, as well as being a published historian I am also a genealogist and contributed to the Databases of Leo van de Pas and the late lamented William Addams Reitweisner. I am also an administrator of the Roglo Genealogical database". Peter De Loriol".

The Anunnaki bloodline is everywhere, and its brethren are given every opportunity to succeed in whatever they choose to do. For example, Justin Trudeau is a distant cousin of Hillary Clinton as is, Stephane Dion, Madonna, Celine Dion, Justin Bieber, Xavier Dolan, Ryan Gosling, Angelina Jolie, Beyonce, Johnny Dep and Camilla, Consort of prince Charles: they all share this one dark bloodline. If you feel inclined, research all leading politicians, captains of industry, sports and pop stars and you will find that the most successful ones have some form of ancestral bloodline connection to the Annunaki – it is called, keeping it in

the family. The Annunaki hybrids favour ancestral bloodline continuity over everything else.

Boris Johnson, UK Prime Minister goes to the Dark Side

Our eyes are the mirrors to our soul. Some of us can sense, non-human entities purely on what we see in their eyes. Look into the eyes of the Bushes, Tony Blair and many individuals from the media, entertainment and films and you can sense a singular dark energy. In early April 2020, Boris Johnson went into hospital for 'COVID-19'. When he came out, his persona had changed, and he eagerly embraced a whole suite of 'non-Tory' ideals such as Big Government and green politics. As Mayor of London, he was defined by his libertarian views and conservative pedigree. Most Tories do not recognise this new brand of Toryism under Boris Johnson. It was also strange that the two nurses who looked after him were publicly thanked but suddenly disappeared afterwards. It was said they were not even registered as nurses. If so, who were they and where did they come from and why did they suddenly disappear? Boris Johnson was part of the cadre of Klaus Schwab's Young Global Leaders school, managed by the World Economic Forum (WEF). Many of today's prominent political and business leaders passed through Schwab's programming on their way to the top. They include French president Emmanuel Macron, prime minister of Canada Justin Trudeau, prime minister of New Zealand Jacinda Ardern, former UK prime minister Tony Blair[(8)], former German chancellor Angela Merkel and Russian president Vladimir Putin. I suspect most if not all the individuals 'groomed' within the Oxbridge universities and organisations like the WEF are bloodline descendants of the human/Anunnaki hybrid bloodline. If we step back from the staged ideological context of East versus West and left versus right Punch & Judy

media/political shows, the real world is something akin from a a Bond movie scene.

In this scene, the Bond movie 'baddie' Blofeld, is based on Klaus Schwab and his job is to ensure the state puppets work towards fulfilment of the script that is laid down in the Work of Ages, be they Russian, German, French or English etc. Think of the lockstep approach carried out by many countries around the world and it gives you a glimpse of the powers, the hybrid Annunaki have at their disposal. Life itself is indeed stranger than fiction and this is the reason why entertainment studios such as Hollywood parody in film what is really goes on in this sector of the galaxy. It is an in-joke' that has been played against humanity since time out of mind. I suspect that individuals of this hybrid bloodline, regardless of how remotely related, are energetically attuned or more easily manipulated to act out their natural emotions or to be more easily possessed by lower 4^{th} dimensional entities. These individuals also live long lives and stay focussed on their roles. Klaus Schwab for example is a close friend of Henry Kissinger. Kissinger goes way back in American politics to before the Nixon years. Even before then, he was involved in the nefarious mind control and human experimentation of the 1950s. Showbiz types such as Bob Hope and Frank Sinatra were high priests of the MKULTRA mind control system. In case you think all this is too far down the rabbit hole, Bob Hope introduced the Jackson 5 to the American public on the Johnny Carson Show. What happened to Michael Jackson would require a separate book to explain. Simply put, Kissinger was part of the Monarch and MKULTRA mind control programmes of the US deep state. What they learnt and perfected during those early days of mind control experiments are now being played out in a newspaper, TV, film, and radio broadcast near you!

Fast forward to current events and bearing in mind that the British Parliament is a bastion of reptilian bloodline rule, it is also interesting to note that during the whole of the COVID-19 era, there was little or no parliamentary debate; the politicians went AWOL, (absent without official leave). Even when they turned up at Parliament, few if any asked relevant questions regarding the SARS COV-2 virus and their ensuing silence was deafening. It is obvious that parliamentarians are also part of the problem

aided and abetted by the very lame-stream media. It is understood that the level of inquiry from mainstream journalists, particularly the BBC was of poor quality, subjective and tantamount to 'wash, rinse, dry-repeat-rinse', the state narrative.

In earlier times, this would be called state programming through means of propaganda. The BBC so-called flagship Radio 4 'Today' early morning programme gets an extra biscuit for its contribution to frightening the middle classes of this country to death. I have never heard such relentless tosh from the so-called grownups in my life, but wait, there is much more!

Of primary interest during COVID was the rise of the technocrats who determined the pace and flow of control measures to the public. Vallance, Whitty, Ferguson, Van Tam, and the rest of the SAGE members were given free rein to determine what is good what is bad and what we must do to "get through COVID-19". To question their advice was akin to saying the moon was made of cheese because the media portrayed them as nothing less than gods, royalty and to treat their personage as 'those who must be obeyed'. It was so interesting to listen to the media during these times because they spoke with one voice encapsulated within one dark energy. Radio, TV, social media, or the internet, demanded of us, get your jab, and wear a mask and no socialising. I am sure I am not the only one who noted the lunatic urgency of politicians, industry, and media, during their COVID-19 phase of the madness of "get your jab". All of it was nothing more than insidious programmes taken straight out of the MKULTRA mind control programmes of the 1950s. To my amazement, neighbours, radio hams and CB'ers, (citizens band) parroted and acted as 'echo-chambers' for the state narrative of Johnson and Whitty. The level of compliance and 'taking of the knee' by large swathes of society made me think, "has the world gone mad or is it just me"?

Something else was going on in the background throughout all this social discourse regarding COVID-19. Individuals and organisations that should know better, had lost their minds, ethics and training, and surrendered common sense to draconian and authoritarian state narratives. Even hospital consultants, doctors, GPs, and nurses championed the use of

masks as if that one act saved thousands of lives. It is during these events that I noticed just how integrated the dark energies of societal control acted in lockstep across the globe. Television and especially, radio shock jocks had on-air meltdowns against anyone who argued against Whitty – it was awful listening. This fascist and technocratic coup of society by civil servants and shady government advisers was hammered into the psyche of the public through the government 'nudge', or so-called behavioural science units. They compounded the plandemic in almost everyone's consciousness using dubious psychological control measures. The same lies and obfuscations repeated every hour of every day for months on end, fermented the idea that we must comply and obey or face the sure consequence of death. Vallance and Whitty are both big ex-Pharma Cult-controlled executives and the 'nudge unit' is part of the same Cult-controlled 'over-sight' team.

Much of the psychological and manipulative techniques used by Her Majesty's government were perfected by the Tavistock Institute, London. The wearing of masks and its social control programming is an interesting side-note to what everyone experienced. This has nothing to do with protecting yourself or others from the virus. Masks are very useful to dentists to protect them from being splattered from the airborne debris that is ejected from our mouths when they drill, clean and polish our teeth. Masks are also very useful to surgeons to stop blood and other body parts splattering over them. That said, however, masks have little or no efficacy in stopping virus sized particles from entering or leaving a mask – that is basic physics. Viruses are sub-micron particles and masks were not designed to filter out particles in these very small size-classes. Viruses can be up to ten thousand times smaller than an individual hole in a face mask. The efficacy of mask wearing during the height of the epidemic is like using one end of Wembley stadium as a goal line rather than upright posts! The other issue of COVID-19 was the lockstep manner of restrictions, legislation, and sheer brutality towards members of the public by the police force, particularly in Europe, Australia, America and the UK. It is also instructive to note that aerosol scientists all over the globe mandated mask wearing in lockstep using the same scientific prose. Not one country produced any data showing that mask wearing was effective

in offering protection to or from a virus. The literature on this issue is unequivocal: mask wearing is insignificant and don't work – period.

Remember, Michael Jackson also wore a mask back in the 1990s and it was nothing to do with him not wanting to breathe contaminated air. Michael Jackson at that time, like many other music superstars was in the grip of MKULTRA-type programming. Check out how many pop stars died in mysterious circumstances whilst signed to Sony Records and other big record companies. Once you start digging, you begin to realise the sheer scale and magnitude of the control grid of the Cult.

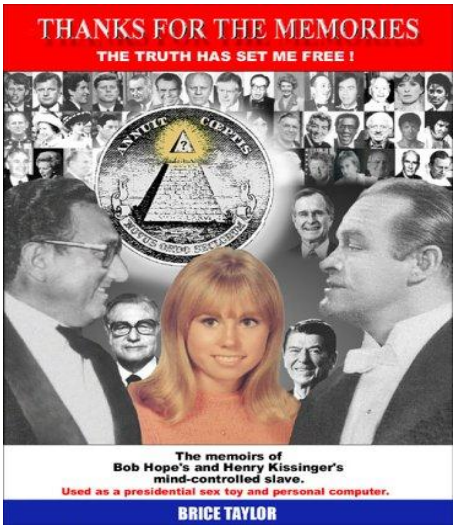
COVID-19 has provided a panorama for those with eyes to see, what has been going on covertly between politicians, media moguls, medical practitioners, the NHS, Big Pharma, academics, judiciary, police, industry, and the Cult powerbrokers against the public for aeons of time. It has also shone a bright light on the ways in which central and local government operate in times of 'crisis'. Parliamentarians and prime ministers love the power of their office and many of them emulate politicians of old such as Churchill. They love a crisis because their names are all over the billboards and their egos are massively stroked. Local council bigwigs also want a piece of the action, and they got what they wanted when COVID-19 wheeled into view. They were tasked with policing Coronavirus legislation during lockdown. Wirral Council for instance, weaponised its enforcement teams to hound and badger businesses to strictly adhere to mask wearing, plastic screens and social distancing etc.

The council also hijacked all the local traffic information boards, telling us to "keep testing, get a booster, keep Wirral safe". Many council office workers were furloughed or worked from home and even today, 3 April 2022, many of these workers have not returned to their offices. I went to my local waste re-cycling centre during lockdown and what normally takes 20 minutes to unload on a bad day, took over one hour forty-five minutes – it was Checkpoint Charlie madness.

The North of England is renowned for its parks and libraries. It is here that communities come together to listen and learn off each other. After eighteen months of this ‘plandemic’, the libraries in Wallasey finally re-opened but it was a bit like trying to enter another country because the employees were hidden behind huge plastic screens and they wanted us to sanitise our hands, wear a mask, fill in a track and trace form, socially distance and follow their one-way system. When we returned books, we had to put them in a cardboard box so they could be quarantined for a few days just in case a virus was lurking somewhere on page 36! I always thought librarians were of the more intellectual ilk yet based on what I saw and experienced, many of them had succumbed to the COVID propaganda and had duly turned into council zombies.

As a result of all this COVID-madness, the library at Wallasey is but a shadow of its former self with more staff than book-browsers. So much madness has ensued in the minds of those captured by the COVID-government virus. The plus sign of the plandemic is that those with eyes to see and ears to listen were made privy to the ways in which central and local governments work in 'serving' or should I say, deceiving the public. It is hard to get a feel on the rate of total compliance to state narratives around COVID-19 because the use of subtle psychological control methods also extends to what statistical data we are allowed to see. Rates of vaccination appear high, and queues formed outside vaccination centres, yet it was still difficult to gauge the mood of the public. I always ‘read between the lines’ and it was very clear that subtle mind control methods were in play. I briefly describe some of these techniques next.

Winning hearts and minds


THANKS FOR THE MEMORIES
THE TRUTH HAS SET ME FREE !
The memoirs of
Bob Hope's and Henry Kissinger's
mind-controlled slave.
Used as a presidential sex toy and personal computer.
BRICE TAYLOR

Cathy O'Brien was a survivor of extreme psychological and physical torture as she went through the conditioning of an MKULTRA sex slave. She says in her book Transformation of America by Cathy O'Brien & Mark Philips (1995) that part of the breaking down of individuals is to get them to wear a mask. The mask works from the outside in i.e., they are designed to strangle your voice and limit free thinking. The mask also signifies to other Cult operatives that this person is undergoing MKULTRA conditioning. It appears to me that many people in this country have undergone the same type of conditioning and mass mind control techniques from the MKULTRA stable of horrors. When you are sufficiently conditioned, you obey and comply on demand. This is the reason why the Cult- controlled media, politicians, doctors, trade union leaders, industry oligarchs asked everyone to wear a mask – it is a symbol of a mind-controlled population. Part of the mass mind control programme is to bombard individuals with the same phrase, repeatedly. The analogy is to say that 2+2 = 5 until that person cracks and accepts the programme. More information on CIA mind control techniques can be found in Cathy O'Brien's book and background to all those macabre events can be found here: https://trance-formation.com/. The individuals behind these methods of control and persuasion are the gofers of the Cult, the elite or ruling aristocratic families.

I describe this bloodline next but remember that the origin of much of the dark energies on this planet emanate from the lower 4th dimensional entities known as the Annunaki. They prime their hybrid bloodline to rule over us according to a laid down script. The royal dragon or reptilian bloodlines marry between themselves to keep their bloodlines pure. They like to keep their bloodlines pure because that is the only way they can

move and transition between the 3rd and lower 4th dimensions. Each time I go near any of the spires of some Oxford or Cambridge universities or simply pass by the Houses of Parliament, I shudder because I feel the dark energies and it is thick and oppressive. The dragon bloodlines can be characterised as emotionally cold, dispassionate, competitive, quick to violence, with a strong need for discipline, order and tradition. They can be found within the ancient aristocratic families of the US, Japan, China, Europe (especially the United Kingdom), Russia and, of course, Asia. Over the years, many children were born of this seed, out of wedlock, and although not full bloodline, they had enough reptilian characteristics to be useful to the ruling classes. These individuals were trained for public office, the military, education, medicine, and commerce. There is enough information there to suggest that humanity has always been subject to a silent conspiracy of control from the dragon races and lower 4th dimensional interlopers.

They have been feeding off us since time out of mind and we unwittingly do their bidding. They understand our psychology, they know how to ring our many bells and they know how far they can go with us before we rebel. They are quite happy to control us using gilded cages or velvet gloves. When that does not work, they go into overdrive using fascist tyranny and that is precisely where much of humanity is right now, under the heel of the Cult, especially in countries like China, Australia, Europe, Asia, and the UK. Under the guise of a medical emergency i.e., COVID-19, the Cult galvanised their attack troops and life has never been the same since.

The Work of Ages:

The enslavement of humanity began thousands of years ago under the aegis of the so-called Work of Ages, The Cult script entails the terra-forming of our upper atmosphere, the breakup of our social norms and to prepare us for an A.I.-derived dystopian future as sources of energy or breeders to further their experimentation. They plan to use planet Earth to mine resources and as a filling station between here, the moon and Mars. The dragon hybrid bloodlines have been able to do all of that covertly, silently and from the shadows. The Cult has a very different perspective on concepts of time, and they can plan events, hundreds of years into the future. They can do this because from time to time, they release so-called inventions, which spur our societal evolution towards a future, their future. We must work the puzzle of our enslavement; understand what is really going on so that we seize our spiritual sovereignty and power back. They have been able to sequester and hide from us, knowledge of our cosmic lineage and star seeded lineage. In truth, we are not and have never been 'poor little me' unless we believe their hype. The relationship between humans and the Cult is one of master and serf. They have covertly perpetuated their hegemony over us across time and space, spiritually and psychologically since time out of mind.

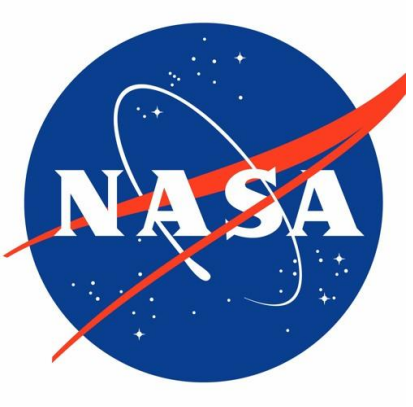
Think about the media response to members of the public who experience UFO sightings, strange lights, unusual physical phenomena or images and discovery of skeletal fossils with non-human anatomy. These people are meant to feel small because they face ridicule from the media. If you are into, astrology, crystals, meditation, Kama Sutra, alien abductions, the Face on Mars and more, they are ready to label you as a hippie, wacky-backy-geezer, tin-pot weirdo, or conspiracy theorist. The common denominator in all of this is to stop us being inquisitive about where we came from and to stop us from knowing who else is out there. When we are attacked by the press for expressing our views, it simply means we are on the right track. When this happens, they attempt to cancel our ideas because thoughts and ideas have creative potential. The Cult understands all and knows precisely what happens when the masses of people creatively orchestrate change not through violence but by coming together as a unified group.

ETs and experimentation

I next describe some of the scale of what goes on behind closed doors and deep within the bowels of our planet. The US deep state armed forces have been in collaboration with an extra-terrestrial race called ‘Greys’ for many years. There are numerous underground bases around the world where the deep state allows the Greys to conduct biological experiments on us in exchange for alien technology. Many of the ‘wonder’ inventions of the past 70 years are a result of this Cult collaboration. The next stage of this collaboration is busily playing itself because NASA, SpaceX, Elon Musk, and Bezos are normalising space travel via tourism. The unspoken back-story to all this is interesting.

It is not too surprising to understand that planet Earth, the moon and Mars all have underground civilisations populated with several alien races. Water, the eternal 'enabler' of life has suddenly been discovered on the moon and Mars. There are also stories of life on other planets e.g. bacterium. There are two separate scenarios planned for (a) if things get too hot for the royal bloodlines, they simply ship themselves off to the moon or Mars and live underground or (b) de-population followed by resource stripping of Gaia's minerals and other goodies. Whilst all this jiggery-pokery is going on, Elon Musk's satellites are in geo-stationary orbit. These satellites have other uses other than providing WIFI coverage to those countries who do not have it. I suspect these satellites are primarily concerned with the transmission of microwave radiation for mind control purposes and/or surveillance purposes. I next describe some aspects of deep state /alien goings on deep below our feet.

NASA, space, aliens, and technological advances in society



During the 1940s onwards there were all sorts of stories about aliens, particularly in America, with lots of images available from those times showing what appear to be alien space crafts flying over Washington DC. Word on the street says that several alien races can be found in several US military underground bases and the pre-eminent type are the ‘Greys’. The Greys have been trading technology in exchange for humans to study. They are very interested in our blood and in particularly, our DNA. From the 1940s onwards, the 'discovery' of the transistor, radio, TV, computers, radar, microwave oven, stealth technology, fission reactors and the atomic bomb were barter items.

NASA is commonly acknowledged as tasked with finding out what is going on in outer space. I argue that NASA is a big part of the US deep state extra-terrestrial flight programme. It is responsible for shuttling humans and aliens between planet Earth, the moon, and Mars. It has also been suggested that NASA has its finger on space weapons to deter other alien races from reaching the surface of planet Earth. The Cult, of course, are at the apex of this alien barter, NASA sits on a lot of data and information on alien races and let's just say that some of their personnel are expert in using Adobe Photoshop! Their other top priorities are to allow aliens, life on other planets etc. to be seeded, into human consciousness osmotically. Thus, any human shock /horror around alien life will be minimised. That is why recent NASA space announcements

about this or that discovery is taken very seriously within the media. The Cult are preparing us for events that will shortly play out. All of this was planned years ago, and they are working feverishly towards their final agenda i.e., the Works of Ages in which planet Earth is little more than a mining station somewhere in the galaxy.

Welcome to the Digital Age and infrastructure of mind control

There is now an awful lot of information about 'the great reset', agenda 21 and agenda 2030. During the past 50 years or so, a digital control grid has been constructed around us with the sole purpose to turn us into mindless zombies. As usual, the Cult and their gofers operate in stealth-mode across local and central government infrastructure. There are myriad diverse and seemingly unrelated projects working their way, ultimately to the fulfilment of the Cult's Works of Ages. The Cult makes it difficult for us to see what they are up to and, more importantly, how to connect the dots. Each of the following projects form part of the Works of Ages: Please remember that the Cult operates across timeframes of 50 years or so and it is only the people at the top who know the real reason for what is planned years down the line. Industry, politicians, and local council officials are mostly in the dark on what is really happening but at a pre-arranged date, all these projects suddenly come on-line and integrate seamlessly within each other. For example, what do all these central and local government initiatives have in common? Answer, the Great Reset.

smart motorways?

electric cars?

smart TVs, smartphones, tablets and computers?

smart cities,

The Internet of Things

5G and 5G infrastructure

increased congestion charging?

increased cycle lanes?

introduction of 20 mph speed limits?

increased bus lanes?

increased power to cyclists on roads?

central and local government zoning and action towards net zero?

Whilst all this is going on, Cult-sponsored 'green meanies' were weaponised with slogans of 'net zero' and "we are all going to die before next Christmas" unless we reduce this or that. Other sectors of our youth were weaponised through critical race theory, Black Lives Matter, trans-gender rights and woke-induced white-shaming historical events. All of this, including the so-called environmental groups has created more heat than light in all the issues they are trying to highlight. Many of these groups were directly funded by George Soros, especially groups such as BLM and Antifa. The battle cries and slogans these groups espouse are designed to fragment and break up society, rather than to offer solutions to a more equitable balance between the people and their use of the environment and indeed, towards each other.

I was once a member of Greenpeace and one day on university campus I asked a Greenpeace rep. "what are you doing about chemtrails"? His mood instantly changed, and he asked me if I was a member of Greenpeace, I said no, even though I was, and he told me to become a member before he will answer any of my questions! I was dumbfounded and walked away muttering to myself. Many organisations of this type are there to simply draw in anyone with a genuine interest in the environment and limit the scope of their thinking, consciousness and subsequent actions.

Because of the spiritually auspicious times we are in, the Cult has taken their velvet gloves off and weaponised a perfect storm of societal insurrection through the activism of Soros-sponsored groups. The Cult are actively trying to diminish and dilute our in-alienable rights to work, travel, socialise and play. Humanity is being squeezed into smaller boxes of reality in which we must be careful of what we say and not to offend anyone, we must also reduce our carbon footprint and we must insist on a pronoun, and we must be ashamed of our skin colour and historical past.

The Great Reset and Agenda 21/2030 are to:

reduce the global population by 90% by 2030

ensure global citizens remaining are reliant on the state for food and sustenance

abolish property

abolish cash

abolish car ownership and travel unless sanctioned by the state

micro-chip the remaining global population so that individuals become chattel of the state, with no rights or means of survival.

I next turn to the chilling narrative of mass mind control and how the Cult managed to encase us in an electromagnetic prison with many individuals not even realising what is going on. I also discuss why school kids are having a very hard time of late because lots of them are suffering from psychological wellbeing and mental health problems. During the past 25 years or so, there has been such an explosion in kids suffering from PDA (pathological demand avoidance), ADHD and, those on the spectrum of so-called autism behaviours. Many children now suffer from stress, anxiety and depression and find it difficult attending school. Call me old-fashioned but when I went to school in the late 1960s, I do not remember a single instance where any of this took place. Fighting, smoking, bullying, kissing girls behind the swimming pool, yep, but no mental and psychological issues I can remember.

The state has been very quiet on the mental health of school kids, the worrying trend is this, our children, and young people are spending more and more time on their digital phones and consumer products. Their psyches are changing, and they appear to be more malleable to outside influences, particularly around concepts of gender and our youth are quickly weaponised into urban climate change foot soldiers or some other Cult false flag.

In this next section I discuss mobile phone technology. The introduction of these technologies shifted lots of us from a work-based environment to a computer-based environment. Thus, we are exposed to microwave

radiation, 24/7. Robert O Becker carried out seminal work on the effects of exposure of electromagnetic frequencies on the human body. He was more interested in how some animals are able to replace their limbs and was shocked to find in his experimental work that all sorts of adverse reactions could be initiated in these animals by varying the frequency and transmit power of EMFs (electromagnetic frequencies).

For those old enough to remember and well before the rollout of computers, the youth of the world led the protests, became the voice of the downtrodden, and demonstrated against war. Much of that has stopped and many segments of our youth are weaponised to supports the narrative of the state. You can demonstrate for climate change, LGBT+ issues, trans-gender rights, CRT and BLM. The youth shock troops is a group called ANTIFA. They wear masks and military black to hid who they are and organise themselves with military precision. You will find them in numbers 'protecting' the demonstration of anything dear to the Agenda such as abortion or face mask policy issues. Anything else worth protesting for is not on the radar. Many of these groups are funded by Soros and other New World Order entities. Great swathes of our youth are locked and loaded against the best wishes of humanity.

The first rule of demonstrating is to show your face so that we can see your passion. If we cannot see your face, you are simply a robot of the state. I connect the big unspoken Kahuna of societal control next.

Infrastructure of global mass mind control

Two years ago, (2020), the Cult managed to lock us down, impose all sorts of COVID-19 related legislation and strip us of basic and fundamental human rights. At the time, many observers were shocked by how easily many of us complied and obeyed state diktat. The Cult were largely successful in achieving many of their goals simply because many people were so scared of the virus that they gave their power away, yet that is only half of the story. I argue the Cult used their weapon of choice, mind control via any consumer devices able to connect to the internet or in range of a mobile phone mast. To find out how they managed to coral and mind-subjugate us so quickly, we need to go to the birth of the mobile phone and TV signal technologies and its infrastructures.

For the past 80 years or so, analogue signals for both TV and radio were the norm in the UK. Analogue services were then replaced by digital services. The death of analogue came about because the available bandwidth for sound and audio were too limiting for what the Cult wanted to do. Digitally transcribed signals are very useful because you can pack in and lace lots of ancillary frequencies within the transmitted carrier frequency signal. Think of a digital signal having a diameter of 10cm whilst the analogue signal has a capacity of less than 0.5mm. The available (band) width for digital is much bigger and perfectly suited for streaming all sorts of ancillary frequencies as well as the normal audio and visual TV signals.

On 24 October 2012, the last analogue TV transmitter was switched off in the UK. All TV transmissions after this point became digital. They tried to do away with FM and AM radio transmissions but were unable to because the coverage of DAB radio was too sparse, and the subsequent quality of the digital signal was awful due to either a wildly varying intensity of signal or low signal strength. By this time, however, numerous satellites were beaming digital signals to Freeview TV and most cars were equipped with GPS and that much vaunted social 'brick' the mobile phone was in hot demand. The switch to digital was rapid and few people looked back. From the late 1980s to about 2010, computers were in charge for most of its users. When mobile phone technology came of age and was able to deliver decent internet speeds, many individuals threw away their computers and landlines and used their mobile phone for all internet-related communication and entertainment.

This was a landmark moment in bringing forth the birth of the mass mind control of humanity. The mobile, smartphone and other digital products meant that consumers were in striking distance of their digital toy for almost every hour of every day. This technology deepened and widened with the introduction of all sorts of further digital innovations that allowed users to connect wirelessly to the internet. The trap was sprung and many of us walked right into it.

The modern mobile phone technologies, particularly the use of microwave radiation as a main carrier has its roots back into the mind-set of the Cold

War of the 1960s. I now describe mind control experiments carried out by the Americans back in the 1970s and how the Cult used these techniques to mass mind control society or those within range of a mobile phone mast or any digital product that connects via wire or wirelessly to the internet.

Technologies of mass mind control

This next section relates specifically to the technologies behind the mass mind control of entire countries as well as solitary individuals. If you are close to a computer or can access the internet via your digital toys, you are subject to mass mind control technology. To understand the present, we must dip into the past. TETRA for example has its origins in the Cold War and mind control research programmes of the 1970s. TETRA is a digital telecommunications network used by many police forces and emergency services across the globe. A communication network, which allows for low latency and encrypted speech via mobile, or hand held radio. Eerily, TETRA owes its origins to mind control research work commissioned by the US Department of Defence (DST-1810S-074-76) carried out from 1970 onwards.

Fifty years ago, Dr Ross Adey (https://microwavenews.com/news-center/ross-adey) was tasked with a CIA project whose purpose was to elucidate mind control strategies using electromagnetic frequencies – this work was known as Project Pandora. The basis of his work was to splice extremely low frequencies (ELFs) signals between 1 Hz – 30 Hz characteristic of our brainwave electro-encephalogram spectrum onto microwave frequencies. Significantly, microwave frequencies are used by our entire consumer items, computers, smartphones, smart meters, smart TVs etc. to connect to the Internet.

Dr Adey discovered a behavioural modification ‘template’ in which he could add ELF signal from 6 Hz – 20 Hz onto microwave carrier frequencies. He exposed individuals to these frequencies and, in doing so, was able to predictably modify behaviour. He found that (a) at a power density of 0.75 mW cm^2, it was possible to modify human behaviour and (b) he could induce various intensities of mood swing by varying the ELF

signal in increments. For example, he could induce various intensities of anger in individuals using in ELF signals of say 18.0 Hz, 18.1 Hz, 18.2 Hz etc. In other words, in order to manipulate behaviour and emotional states in individuals, all you need is a microwave carrier transmit frequency and inject an electromagnetic signal of 11 Hz and the mobile phone itself becomes a means of mass mind control, but wait, there is a lot more.

This technology can induce behavioural changes in individuals or select target groups. Police and military are examples where mood swings and behavioural modifications can be dialled in at will via HQ base frequencies. Think about the situations, police and military find themselves from time to time. A frequency of 14 Hz or so will induce extreme aggression. Imagine what happens when police are asked to respond to demonstrators opposed to government initiatives or legislation, during riots and so on. The use of these covert technologies by the police or army may have devastating consequences on nearby civilians and anyone caught in the melee.

Dr Adey's electromagnetic frequency 'behavioural template' mapped any emotional state within our brainwave spectrum. These states include anger, rage, placidity, joy, bliss, sleepiness and calm moods. In other words, psychological and behavioural states can be dialled in at will to modify and manipulate select groups of workers, schoolchildren and students, teachers, stay at home mums etc. It is very easy to target organisations, regions or whole countries with specific ELF mind control signals based on who owns the computer servers and radio frequency equipment. Dr Adey used a carrier frequency of around 450 MHz of pulsed microwave radiation and the pulsing effect created a pseudo-ELF signal of 17.6 Hz. An ELF signal of 17,6 Hz falls in the middle of our brain wave activity spectrum. Interestingly, the UK TETRA police communications network was granted exclusive use of a similar frequency of around 400 MHz using ELF signals of 17.6 Hz – that is such a crazy co-incidence.

Alasdair Philips of Powerwatch (UK) said, “By use of my microwave detector, I have found that mobile phones of the newer type, give off a pulse modulated microwave signal of around 0.75mW/cm2 at the

earpiece. This may be coincidence, but it is exactly the intensity required for behavioural control as found by Dr Ross Adey, the pioneer of microwave mind control. So, in theory, an ELF signal could be added to the microwave network to feed a precise behavioural pattern into every mobile phone user in the UK (http://www.whale.to/b/philips2.htm). The adoption of the same technologies used in Dr Adey's mass mind control experiments and their use in mobile phone technologies suggests that any digital device capable of connecting to the internet or within range of a mobile phone tower is nothing more than a mass mind control device. But wait, there is even more, and it relates to the adverse biological effects that may arise from exposure to pulsed microwave radiation, particularly if mobile phones are habitually stuck to the temple for long periods of time.

During his work on Project Pandora, Dr Adey and co-worker Suzanne Bawin discovered that under defined conditions of exposure to frequency and signal amplitude, it was possible to induce calcium ion efflux in brain tissue. In doing so, these technologies are capable of adversely affecting our biology and health. When this happens, the most common subjective complaints include headache, fatigue, perspiration, dizziness, irritability, agitation, tension, drowsiness, sleeplessness, depression, anxiety, forgetfulness, and lack of concentration.

One other important aspect of the mind control research Adey carried out is that he argued its effects are non-linear i.e., some individuals are more affected than others. In practice, what this means is that some individuals will be easier to control and influence. Some individuals may go on to develop cancer whilst others will not. Regardless of the psychological and biological outcomes, the real use and intent of these technologies is the covert control of humans or those who habitually use any form of digitally connected consumer device.

The Stewart Inquiry 2000

In 2000, in the early days of mobile phone use, the UK government set up an enquiry to assess mobile phone technologies and consumer safety. This enquiry became known as the Stewart Enquiry. Importantly, the enquiry made numerous safety recommendations for the introduction of these new technologies into society. Significantly, they asked the telecommunication industries two very important questions:

why were the microwave carrier frequencies pulsed? and

what was the purpose of a low frequency signal of 11 Hz that was laced into the main transmit frequency of mobile phones?

The telecommunication industries, however, refused to answer these questions. Nonetheless, life carried on and mobile phone and other digital toy use expanded to all four corners of the globe.

Psychological conditioning and brainwave entrainment

If we observe how mobile phones are used today, it is interesting to note how users are engrossed in them, to the exclusion of almost everything else. The same behaviours are seen in pubs, bars, restaurants, bus stops and on the street: Most users just want to chill back and fidget with their phones. Mobile phone users also appear to have a psychological dependence on their digital items and may suffer anxiety or loss when their phones are misplaced or stolen. Mobile phone technologies

incorporate mind control and Pavlovian-type conditioning built into its software.

Ivan Pavlov (died in 1936) was a physiologist who specialised in Classical Conditioning. He carried out a series of experiments in which he trained dogs to salivate in anticipation of food every time he tinkled a bell. He conditioned the dogs to think of food on his signal and the dogs would subconsciously salivate whether food was present or not. The dogs were classically conditioned to salivate in response to the sound of a bell.

Mobile phone software is designed in a similar way, which imprints a similar conditioned response from its user. A tinkle or sound from a mobile phone elicits a rush of adrenaline and instant response from is user. The software enables a different tone to enable the user to differentiate between a text message and notification of an email. Over time and with much use, this classical conditioning response becomes instantaneous. Observe what happens when a popular mobile phone jingle goes off in a densely packed train or tube: many individuals reach for their mobiles. It is classic stimuli-response conditioning!

Mobile phone use now extends to all age groups, and I shudder to think what is happening to the brains of 18-month old toddlers when they play with these very dangerous digital toys! Remember that the frequencies of entrainment and adverse biological harm are inherent in any consumer device that uses microwave radiation to connect to the Internet. Frequent use of mobile phone technologies leads to zombie-like behaviour that is plain to see. The low frequency signal of around 11 Hz is responsible for entraining the brain of mobile phone users. The frequency of this low-level signal can also be adapted to trigger desired changes in brain-state activities. That is a flagrant violation of our bodily and spiritual sovereignty. I detail alpha, beta and theta brainwave entrainment and consequent behavioural change.

Theta Waves[(4)]

This frequency range is involved in daydreaming and sleep. Theta waves are connected to us experiencing and feeling deep and raw emotions. Too much theta activity may make people prone to bouts of depression and

may make them “highly suggestible” since they are in a deeply relaxed, semi-hypnotic state. Theta has its benefits of helping improve our intuition, creativity, and makes us feel more natural. It is also involved in restorative sleep. As long as theta isn’t produced in excess during our waking hours, it is a very helpful brain wave range.

Frequency range: 4 Hz to 8 Hz (Slow)

Too much: ADHD, depression, hyperactivity, impulsivity, inattentiveness

Too little: Anxiety, poor emotional awareness, stress

Optimal: Creativity, emotional connection, intuition, relaxation

Increase theta waves: Depressants.

This frequency range bridges the gap between our conscious thinking and subconscious mind. In other words, alpha is the frequency range between beta and theta. It helps us calm down when necessary and promotes feelings of deep relaxation. If we become stressed, a phenomenon called “alpha blocking” may occur which involves excessive beta activity and very little alpha. Essentially the beta waves “block” out the production of alpha because we become too aroused.

Frequency range: 8 Hz to 12 Hz (Moderate)

Too much: Daydreaming, inability to focus, too relaxed

Too little: Anxiety, high stress, insomnia, obsessive compulsive disorder (OCD)

Optimal: Relaxation

Increase alpha waves: Alcohol, marijuana, relaxants, some antidepressants

Beta Waves

These are known as high frequency low amplitude brain waves that are commonly observed while we are awake. They are involved in conscious thought, logical thinking, and tend to have a stimulating affect. Having the right amount of beta waves allows us to focus and complete school or

work-based tasks easily. Having too much beta may lead to us experiencing excessive stress and/or anxiety. The higher beta frequencies are associated with high levels of arousal. When you drink caffeine or have another stimulant, your beta activity will naturally increase. Think of these as being very fast brain waves that most people exhibit throughout the day in order to complete conscious tasks such as: critical thinking, writing, reading, and socialization.

Frequency range: 12 Hz to 40 Hz (High)

Too much: Adrenaline, anxiety, high arousal, inability to relax, stress

Too little: ADHD, daydreaming, depression, poor cognition

Optimal: Conscious focus, memory, problem solving

Increase beta waves: Coffee, energy drinks, various stimulants

Over the past 20 years, the range of devices and toys using microwave radiation as a carrier to connect to the Internet has expanded massively. The social use of these devices was deepened and widened recently with introduction of the 'Internet of Things, Smart City zones, smart meters, and smart TVs. The digital trap was sprung some years back and for most people in most countries of the world, it is almost impossible to get away from the electromagnetic smog of these devices. As usual, the Cult introduced these technologies with some added functionality to users, but rarely talk about adverse biological effects including the addictive nature of its use.

The Cult always implements some element of social good into their products; otherwise, we would not buy them. We must also look beyond our use of these products, because they are hazardous to health, particularly to the young. As a society, we also need to ask questions about where these devices were manufactured. Slave or captive labour comes to mind. What happens at the end of their useful life? Are they recycled or simply shipped off to another country to be disposed of in landfill – so many questions never asked, never mind answered?

I use a 'pay as you go', non-smart phone. On average, I probably use a mobile phone about once every two weeks for less than two minute exposure periods because they are dangerous and obtrusive. We also limited the age at which our older children received their first mobile phone, and it did not happen till they were 14 years of age. We also limit the amount of time they watch TV or computer to an average of 20 minutes on and at least 60 minutes off. It is getting more difficult to regulate their use, but they appear quite sensible in how they use these devices. They too, are also much more aware of the dangers of too much exposure to their toys. I now explain in more detail, the technology of 5G, what it looks like, where you can find it and how the Cult want to use these technologies against us.

5G masts and antennas

The new 5G masts are huge compared to the old 4G masts. They stick out like a sore thumb and are very, military looking. There is only one ground on which you can appeal against the local telecoms planting one of these beasts near your back garden. You can challenge a planning application on aesthetic grounds only. There are, to my knowledge, no current safety studies out there looking at the adverse biological effects from microwave frequencies more than 5 GHz. The only data I have is from the pioneering days of early radar, prior to the Second World War. This research was carried out by various countries around the world, notably the old USSR, UK, and USA. It is clear from these studies that exposure to microwave

frequencies from 1 GHz up to at least 200 GHz results in very damaging adverse biological effects. I repeat, not one country nor safety regulator nor trade body associated with the telecommunications industry has carried out adverse biological safety i.e., non-thermal trials for well over 75 years. The reason is very simple, they already know that exposure to microwave radiation may cause cancer and a host of other diseases including neurological diseases. It is well to remember that the Cult have no interest in our well-being. They operate like the Borg from Startrek, they plot a course, follow it, assimilate, or destroy. We were assimilated a long time ago, our usefulness is almost over, and they have moved onto the next phase of their agenda, mass mind control and population reduction – we are nothing to them.

The 5G Control grid infrastructure of mass mind control

The telecoms industries and government have conspired against the people with installation of 5G technologies literally outside our front door. If you live in the UK, look outside your front door and you will see brand new lamp posts. The local council did not install these lamp posts. They were installed by British Telecom (BT) and officially, they are 'BT poles' and will be used as an antenna mast for 5G antenna arrays. There are a few design considerations, we need to be aware of:

the lamp post was designed to look like a normal, new LED (light emitting diode) council installed and maintained lamp post

the height of the BT mast is similar to the height of a second-floor bedroom window

the BT mast contains a 5G antenna array

The BT mast may or may not contain a camera – yep, at bedroom level

Most individuals have no idea when all this took place, yet everyone remembers a few years back when British Telecom/Openreach vans were all over the place digging up the road to install cable infrastructure. No-one was told it was for the 5G telecom network. Local planning committees are now effectively toothless in the face of the telecoms industry. The government passed legislation, a few years back, which effectively said, to BT, if you need it, go for it. The only way any telecommunication planning application can be turned down at the Planning Committee stage is on 'aesthetic' grounds. Safety of consumers being bombarded with microwave radiation is not part of the planning application. Therefore, there is no accountability between taxpayers and the telecoms industries, they essentially do as they please

British Telecom 5G antenna mast

The distance between each BT mast is less than 50m and this is to ensure almost everyone living in nearby houses will be exposed to microwave radiation and other undisclosed frequencies. Go and have another look at your shiny, brand-new BT mast literally outside your front door and ask yourself why you were not consulted? The new BT masts are currently installed in all streets of the UK shown below.

Details of British Telecom 5G antenna mast

The 5G mobile phone infrastructure is a control grid that will be used to mind control its citizens. It will be almost impossible to get away from these high-end microwave frequencies because they will be outside every house, bus stop, lamp post, atop road signage, bus, taxi, shop, cinema, i.e., anywhere we congregate, socialise and mix.

I repeat that the original electromagnetic grid that was global in nature and kept much of humankind in servitude and bondage started to weaken

around 1989. The Cult is attempting to put another Control Grid in its place. They started with mobile phone technologies back in the 1970s and this has been tweaked, broadened, and deepened throughout the years. Mobile phone, Internet and computer use technologies have the capacity to entrain our minds, which is why the bulk of their users fidget with their digital devices at every available opportunity.

The next tweak of the mind control grid is already in place via Elon Musk's numerous Earth-orbiting satellites beaming microwave radiation enhanced with mind control frequencies to those areas not covered by telecommunication infrastructure. The digital mass mind control trap will be sprung shut by a seamless amalgamation of 5G frequencies to power the Internet of Things, the establishment of Smart Cities plus all our digital toys including smart TVs, listening devices ad nauseum, – if we allow it. By this time, the use of petrol and diesel cars will be heavily taxed and socially vilified. The days of wanton and free travel by individuals are over. They will argue, we must save the planet and forbid vehicle use other than electric. Ownership of an electric vehicle will be dependent on status and permit – such is their dystopian wet dream.

The Digital Age has allowed the Cult to track, trace, surveil and mind control us on a massive scale. The introduction of 5G technologies must be fought and the most effective way is to not comply when it comes to upgrading your phone and other digital toys. Demand they carry out safety studies before they bathe you and your family within 15 GHz – 250 GHz microwave frequencies 24/7.

I briefly describe the diverse and covert control tools implemented by the Cult via local and central government to usher in this new age of digital control.

Smart motorways

The reason for 'smart motorways' is very simple. Within the inter-stices of their Great Reset, they fail to mention the population of rarth will be reduced by at least 90%. Eight billion souls are too much to control and the easy solution is to reduce the population of Earth as quickly as possible i.e. global war and global diseases. Transport between and within countries will be curtailed for human beings unless you have a permit. Driverless cars will do the work previously done by you and me. In this dystopian vision of human society post-2030, robots and driverless vehicles will be the norm. Did you wonder about the tortuous reasoning behind the rationale in converting the hard shoulder on motorways to a running lane? How did they get these ideas through the planning stage? Issues of safety must have come up at several stages, yet it went ahead and boy, has it caused all sorts of issues and problems. It all begins to make sense if you understand these works are part of Agenda 2030. All of it was co-ordinated between central and local government and industry and many of them belong to their freemason and secret societies. We taxpayers funded all of it, yet we know nothing about aims and objectives of this very secretive, secret societies!

Local government initiatives towards the 20230 agenda

In tandem with smart motorway initiatives, local councils are pushing through other initiatives to decrease our ability to get around, limit basic travel and autonomy in simply driving to work. These initiatives focus on urban environments and cities and include:

introducing more cycle lanes

introducing more bus lanes

introducing a 20mph limit in residential streets

widening the congestion zone

increasing congestion zone penalty charges

changing the Highway Code to engineer cyclist control of road space from car use

Additionally, for existing car owners to buy electric vehicles, governments have subsidised the costs of these vehicles (see Nordic countries and Tesla vehicles) and perks, and bonuses are being introduced to owners of electric vehicles in the form of free charging points, car park spaces and no road tax charges. The social engineers aka government 'nudge' units have us firmly in their lens to tear us away from notions of autonomous travel and car ownership. All these changes will be coming to a city near you because this agenda is nationwide and global in context and scope.

The problem with Smart TVs

Smart TVs connect to the Internet and accept voice commands to change channels and surf. Smart TVs also have camera and microphones permanently switched on. The information and data captured by these devices go to various third parties who use it for commercial and other purposes. Other purposes may mean state departments and shadowy spook departments that use superconductor computers that get trigger with certain keywords such as ‘mRNA’, ‘COVID-19’, ‘revolt’, ‘choice’, ‘sovereignty’ etc. Thus, once an identified keyword is logged, the entire conversation and the TV itself become a surveillance and recording device. The attached cameras also send video in real time back to base(s). Smart TVs are real time surveillance devices, yet the issue of most concern is not that of privacy but of health safety. Smart TVs use microwave radiation to connect to the Internet and, because of their digital nature, all sorts of signals are laced into the TV signal itself. In the same way as a signal can be laced onto mobile phone technologies, a signal can also be laced onto the main TV carrier frequency to target brainwave activity. These frequencies can, and do, alter mood and behaviour. Subliminal sounds and all sorts of images can also be spliced into the TV signal. The content of these frequencies operates below the threshold of consciousness and thus the content of these messages is picked up via our subconscious. Our subconscious does not miss anything, subliminal or not. Thus, mind control via frequency entrainment of the brain is possible by a consumer item that is used day in day out by most people in their home setting. That is yet another assault on our spiritual sovereignty.

Even when we switch off a Smart TV it will still record what it can see and hear unless we switch the unit off at the mains and pull the plug out. Every device in my home is switched into an extension plug with an easy ‘on-off’ switch. The LED region of a TV is used to switch the device on or off using a remote control. Forward-facing LED eyes are also the perfect location for a camera. I partially tape over the red LED eye on my consumer devices. In that way I obscure any images that might be taken by the TV's internal camera or alternatively, I throw a spread over the device. We have been doing this for the past twenty years.

In the next section, I describe other hidden dangers we are exposed to when using computers, laptops, and other digital consumer devices.

The hidden dangers of WIFI and 'smart' consumer products - EHS

EHS ZONE REFUGE
WELCOME - BIENVENUE
HEALTH ZONE
ZONE SANTE
Avoir la 3G est un choix, être
24h sur 24 par les CEM de la 3G ne l'est pas !

When we connect the computer to the internet, we subject ourselves to all sorts of subliminal imaging and mood-altering frequencies. If you are not aware of this, observe how you feel after a session. Do you feel tired, over-excited, grumpy, lethargic, anxious or in 'fight or flight' mode? If you suffer from electro-hyper-sensitivity, (EHS) you may feel your stomach region being pummelled, currents running up and down your arms or that artificial feeling across your teeth. You may also experience the noise of tinnitus in your ears. Do you feel like you just cannot walk away from the computer? These are some just some of the common effects.

There are many areas across the globe where people suffering from EHS cannot live within proximity to anything that radiates a microwave signal. The aluminium mesh veils over their head reduce their exposure from EMFs because the mesh that acts as a Faraday Cage. Mobile phones are banned in these areas and if you come from the outside of these communities, you must understand literally, the rules of engagement. Exposure to microwave radiation from whatever source can be excruciatingly painful to EHS sufferers.

The image above shows what some suffers of EHS must do just to survive. They must uproot themselves from where they live, wear shielding material around their bodies to minimise exposure to mobile phone frequencies and cut themselves off from all sources of electromagnetic frequencies. Electro-hyper-sensitivity is recognised as a medical condition in the Nordic countries and most recently by France. The UK, US, and the rest of the world continually look the other way and the ICNIRP (International Commission on Non-Ionising Radiation Protection) have nothing meaningful to say on this disease!

In my time as an EMF consultant, here in the NW England I met several individuals suffering from EHS. It is truly heart breaking to give remedial advice that says, you must shield yourself or move to a low EMF zone. There is a subset of the population who are allergic to the 21 Century and unaware of the condition of EHS. The source of the problem is the frequency used by the telecommunication industries to enable mobile phones to work. Microwave radiation is harmful to human biology and it causes cancer as well as mental and psychological conditions including high levels of stress, anxiety and depression. Governments and telecom companies should not be using microwave frequencies because they are biologically damaging and we now have the scientific evidence to prove that. If they insist in using the current frequencies and even higher frequencies of 5G, they should at the very least, carry out safety studies on exposure to microwave radiation. I have much to say on the imposition of electrosmog on health and that book is called, ‘A conspiracy of silence: the hidden dangers from the use of Wi-Fi, mobile phones and 5G, (Published, Barnes & Noble, 2023).

In the next section I discuss the work of the National Toxicology Programme carried out by the U.S. government from 1999 - 2018. Its data and conclusions on biological damage from exposure to microwave radiation have been ignored by governments and their regulators. In other words, the Cult, through its media mouthpiece, simply ignore any bad press, in much the same way they ignored vaccine deaths and injuries, particularly to sports people and entertainers. Long story short, exposure to microwave radiation causes cancer – that is official.

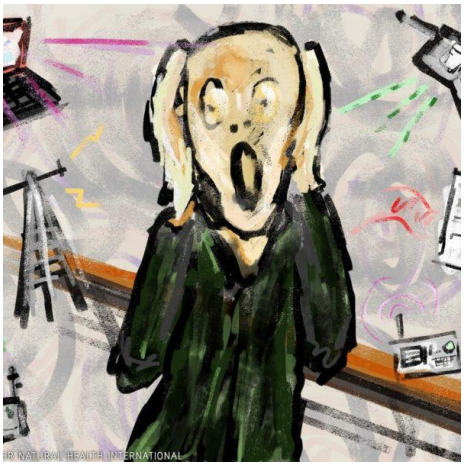
The real problem for the Cult is simply this, if exposure to microwave radiation is re-classified as a Class 1 carcinogen by the World Health Organisation, it will seriously hinder their Work of Ages. These classes of frequencies are fundamental to their mobile telephony and Wi-Fi mind control networks. No other frequency can be used for these devices because although lower frequencies are much safer in terms of biological exposure, (a) individuals and communities are more easily targeted for mind control purposes and (b) large antennas make it difficult to predict range and intensity of radiated signals. I detail all of this shortly so you understand what is going on and how best to protect you and your family from microwave radiation, especially 5G which is at the top end of the microwave radiation spectrum.

I detail possibly, one of the greatest untold scientific stories of the past forty years in which the handmaidens of the Cult, the media, helped political leaders and telecom companies to minimise any meaningful discussion within society about the dangers of exposure to Wi-Fi and digital products. The context of this is to simply say that the 'chattering classes' of print and social media avoided any implication of cancer causation and focus purely on what I call 'noise' studies. These studies usually muddy the water and dilute direct cause and effect between a pollutant and its carcinogenic effects on our biology. Governments finance studies of these types to organisations that always respond favourably in white-washing bad news. Past examples of governments turning a blind eye include smoking, DDT and Thalidomide. Everything is perfectly safe until it is not!

All the science I produce is documented and accessible online. Read, absorb and reflect on the aims, objectives and conclusions of these studies and make your own mind up. It is almost impossible to have a balanced view on anything related to science by 'googling'. Go to source material and see what it says. Governments and their regulators lie, cheat and manipulate the science in order to keep everyone sweet and in the dark.

It’s official - exposure to mobile phone frequencies cause cancer

Probably the most important and significant scientific research into exposure to cell phone frequencies has slowly been released into the public domain since 2016. The latest data was released on 2 February 2018. The work was carried out by the United States Government, The National Institute of Environmental Health Sciences (NIEHS) under their National Toxicology Programme (NTP). This department of the US government is the gold standard in assessing whether or not a substance or frequency causes cancer. In terms of science, it is probably one of the most prestigious of its kind in the world.



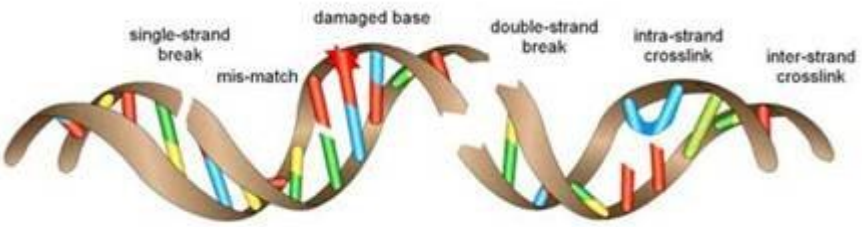
The rationale of the NTP research was to answer several questions posed by the FDA, back in 1999. In brief, the NTP was to study the health effects of microwave radiation from mobile phones on the public. The FDA described this as a high priority, calling for large-scale animal studies on cancer and on ocular and neurological effects. It specifically called for replication of the Australian study that found a doubling of cancer among mice exposed to digital mobile phone signals. This work cost over $25 million dollars and took almost 20 years to complete. The experiment involved two groups of rodents. One group of rats and mice were irradiated with cell phone radiation and the other, the control group, were not. All animals were sacrificed at the end of a two-year period and

diseases were categorised according to cancer types and other adverse biological effects. Various levels of transmit powers above and below the legal limit were used to irradiate rodents.

Conclusions to this study

The data revealed that brain tumours, malignant gliomas and acoustic neuromas were found in male rats, as well as a second, extremely rare type of heart tumour called schwannoma. The incidence of some cancers shows a dose-response relationship i.e., the higher the dose, the higher the number of cancer incidence.

DNA breakages were also observed:



The latest data, released 2 February 2018, goes on to say "The reports also point out increases in the number of rats and mice with tumours found in other organs at one or more of the exposure levels studied, including the brain, prostate gland, pituitary gland, adrenal gland, liver, and pancreas. However, the researchers determined that these were equivocal findings, meaning it was unclear if any of these tumour increases were related to RFR". These cancer incidences might have a statistically low significance, yet the observed facts are clear, other tumours, other cancers were noted in the exposed group.

Bottom line, exposure to microwave radiation at the levels used by mobile phone users has the potential to induce cancers. Other governments and their mobile phone regulators i.e, the ICNIRP, (International Commission on Non-Ionising Radiation) are largely silent to the public on these matters. Their scientific coyness is because they themselves have not

carried out any safety studies (other than the NTP research) on 3G, 4G and certainly nothing on 5G exposures of microwave radiation.

Clearly, the nature of the National Toxicology Programme rodent cancer, mobile phone studies shows that microwave radiation is carcinogenic. These data show that the sudden and world-wide trend of stress, anxiety, depression and increasing caseload of formerly rare cancer types e.g. heart muscle schwannoma is more than likely due to exposure to microwave radiation.

Download the NTP reports (below), read and make your own mind up.
http://www.microwavenews.com
https://ntp.niehs.nih.gov/ntp/about_ntp/trpanel/2018/march/tr596peerdraft.pdf

I continue with another example of governments and their phone regulators burying their heads in the sands and whistling tunes amongst themselves!

In 2018, the French government carried out exposure experiments on the thermal heating effects on skin from the use of mobile phones. Out of nearly 400 different mobile phones, they determined that over 90% of phones exceeded safety levels. The next section briefly details the French government's handling of yet other "inconvenient truths" related to using digital products and all these machinations took place within the past 5 years.

Phonegate

French government researchers determined that if you measure body exposure from microwave radiation used by phones in the same ways, consumers handle their phones i.e., pressed next to their head, safe exposure levels from microwave frequencies are exceeded in some cases by a factor of 4. I repeat the maximum permissible level of exposure based on their own safety protocols (SAR – specific absorption rate) is four times higher than legally permissible. Apple i-phone users should take note because this company appear to have no regard to biological safety when using their products.

To make sense of what happened between the French government and its own scientists in even reporting experimental data that resulted in "Phonegate" you must understand why the telecoms industries manipulate the parameters of the SARS tests. Mobile phone companies contract the SAR data for that phone to companies that legally carry out these tests. The test themselves, however, assume the user holds the phone a certain distance from their head. Mobile phone users 'cradle' their phone next to their head, press it next to their head or use ear bud extension speakers. In other words, the test carried out by SAR assumes one position of mobile phone use. Significantly, these tests are not carried out on humans or animals, and they simply use a head sized mannequin with a cavity that is

filled with substances that attempts to emulate biological characteristics of the human head when exposed to microwave radiation. Significantly, one of the test parameters used during SAR testing is to place plastic disk between the mannequin head and the mobile phone under test. Few people allow a certain distance between head and phone when in use, particularly, anyone using them for more than a month or two.

The SAR testing companies were instructed to use a plastic disk between the mannequin head and mobile phone because if this disk was not used, the telecommunication companies would be forced to use lower transmit powers of RFR and this would lead to problems of connectivity between mobile phone and mobile phone transmitter mast.

The take home of Phonegate is quite simple:

do not put mobile phone directly against skin when talking

do not put mobile phone in back pocket (a trend here in the UK for women)

do not put mobile phone in breasts area of body

and for men, do not put mobile phone near your testes.

There is ample scientific peer-reviewed evidence that exposure to microwave radiation causes cancer, reduces sperm motility and sperm mobility. Pregnant women should not be anywhere near microwave radiation and because of their small size, children act as efficient antennas to microwave radiation from mobile phones (and other sources). It is especially dangerous to children because their immune systems are still growing, and their bone density has not matured and relatively transparent to microwave radiation.

It is up to us to connect the dots to see the bigger picture. Governments championed and sanctioned the use of microwave frequencies used in mobile telephony networks and they never admit to anything being wrong or to them giving the wrong or bad advice. The withdrawal of a device, chemical or substance that is later found to be an environmental pollutant comes much later when those politicians have died or the originating company are no longer around.

Based on all the above and particularly in relation to the Cult's Work of Ages in mind controlling the entire populations of planet Earth, it is a miracle that someone in the FDA asked basic, simple questions about cell phone radiation safety back in 1999. It is even more surprising that some 20 years later, we have gold standard toxicological data that provides "clear evidence" that exposure to microwave radiation is carcinogenic and therefore dangerous. In fact, the data from the National Toxicology Programme mirrors what thousands of previous peer review scientific researchers have published for years: exposure to microwave radiation is not safe and no biological (non-thermal) safety tests have been carried out. Despite that, men, women, children and babies are routinely exposed to these carcinogenic frequencies on an unprecedented scale, second by second, day by day, and year by year. It must stop!

There are two very powerful ways in which to protect ourselves from all the electromagnetic smog and interference, (a) become clued up on these issues and throw away most of these devices or hard wire them and (b) information gifted from the 6th dimensional Sirian-channelled, Pat Cori's (9) 'No More Secrets, no more lies' page 116.

"We call upon you to use great discretion when approaching the Internet vehicle. It is of great importance that you take the time to prepare yourselves spiritually, mentally and emotionally, and to protect your energy fields whenever you enter this technology web. You can significantly alter the vibrational fields coming through your computer by willing that your thoughts intention to raise the intention of all conscious 'travellers' moving along the wire.

This can be accomplished effortlessly, whenever you 'log on' to the net, by first stating your intent and purpose in a manner such as this".

"As I enter here, I ask to be surrounded in the White Light, calling upon my Spirit Warriors to shield me from all vibrations that are not of the Highest Order, and asking that those unwelcome energies be bounced back to their source – as is appropriate to their evolutionary pace. I send my grounding cord into the below, dropping like an anchor deep within the body of the Mother, as I hook solidly to the Earth. And, as I embark on

this journey, I ask that the Light Ones guide the way, infusing the Grid with the light strings of the Universe".

I now turn attention to another Cult global deception called global warming or for the younger readers, climate change. At the start of this deception, some of us were taken in because it was main news and all the usual organisations such as the United Nations were all talking about it. Yet, over time, it was clear that the science just didn't stack up and huge issues arose for the Cult because it was later determined that much of their environmental data was cherry-picked to further their global warming agenda and the science behind many of their climate doom pronunciations were scientifically flawed. One example of this scientific deceit is to use Heathrow Airport as a site to gather temperature data. Imagine for a second what happens to ground level temperatures second by second as planes take off and leave? Other weather temperature sites included urban areas that sit well within what is known as "urban heat islands". University after university were found to be bending truth according to hypothesis and today, we are at the forefront of woke, cancel culture. The media attack dogs label individuals like me, a climate sceptic or climate denier. They say they have science on their side with a 97% 'scientific consensus'. They also have Leonardo Di Caprio as their special, United Nations climate change representative, what could possibly go wrong?

Seriously though, climate change is yet another Cult pot of lies which are very big and not even convincing lies. They are saying one thing to do another thing. That other thing is related to their Works of Ages and Agenda 2030. This part of the script says we must not have the capability to grow our own food, earn a living, drive cars and work for as long as want or need to. Climate Change is all about shutting down economic activity so that it can be taxed i.e., carbon taxed. This part of Agenda 21 /2030 also assumes that the global population by this time is reduced by 90% and those remaining will live in 'smart cities' as pseudo robotic artificial intelligence bots. As much as I like De Caprio as an actor, I see no science behind what he is attempting to do on behalf of the Cult-driven United Nations. Then again, I also understand how Hollywood use dragon bloodline hybrids to sell their agendas to the masses using film stars. In fact, most people interested in these issues already know from their

everyday experience that today and tomorrow, weather changes almost by the second yet changes in climate take much longer. Nature has always been like this way and this is just the way how stuff works.

I briefly discuss another onion layer of Agenda 21 /2030, The Great Reset and Work of Ages called Global Warming/Climate Change and once again it is championed and pushed on us un-mercifully via the luvvies of the media, in this instance the Tavistock House-inspired BBC, (British Broadcasting Company).

Chapter III: Global warming /Climate Change and the Great Deception

Global warming/climate change is a huge deception that enables the Cult to impose a control grid on the economic activities of hundreds of countries around the world. Rather than explain all the non-science around this issue, I ask you step back and observe the main factors involved in pushing this agenda. The Cult have at their control, environmental, social, industrial, political, and regulatory organisations. In fact, the same actors behind climate change are also behind the re-engineering of society following the COVID-19 saga. The COVID-19 saga thankfully, exposed the huge confluence of countries, political leaders, industries, and mainstream media luvvies and chattering classes from many different cultures having one lockstep voice, aim and objective, that of the Cult. That single incident and lockstep script awakened many individuals to what is really going on.

At the very least, we can see what and with whom we are dealing with when trying to make sense of anything related to climate change. The climate change narrative gives us a glimpse of some of the major players in the arsenal of the Cult as they hell-bend on the Work of Ages. There are big environmental groups such as the Club of Rome, the World Wildlife Fund, the Ehrlichs, (eugenicists) and all the global environmental media

groupings spearheaded by David Attenborough and the BBC, plus numerous prestigious media giants such as National Geographic.

The objectives of the Cult are to say that unless we stop using fossil fuels and pull back on our economic activities, the world will end within a few years. The Cult environmental luvvies such as Attenborough and Greta Thunberg were rallied to win the hearts and minds of the young and global populace as were various environmental youth protest groups. The covert intent behind global warming was always about controlling carbon emissions for (a) taxation purposes and (b) having control over the economic activities of countries and indeed, continents. Al Gore, the Wizard of Oz, Climate czar owns shares in those companies involved in the regulation and taxation of carbon emissions. Al Gore is not in it purely for the money simply because he is of the dragon bloodline, and he merely follows orders.

The flawed science of climate change

The science behind global warming fizzled out years ago mainly because the evidence said otherwise. Real world data, ironically from NASA space instruments show the inconvenient truth that the upper atmosphere has not heated up appreciably during the past 30 years or so. According to NASA, the upper atmosphere heated up less than 0.03 0 centigrade which is almost nothing and magnitudes away from what was forecast by the climate change predictive models. Similarly, the Antarctic ice sheet accretion rates have increased rather than decreased during this last period of 20 years or so. Much to the chagrin of Attenborough and the BBC, the polar bear population have also increased due to the expansion of pack ice.

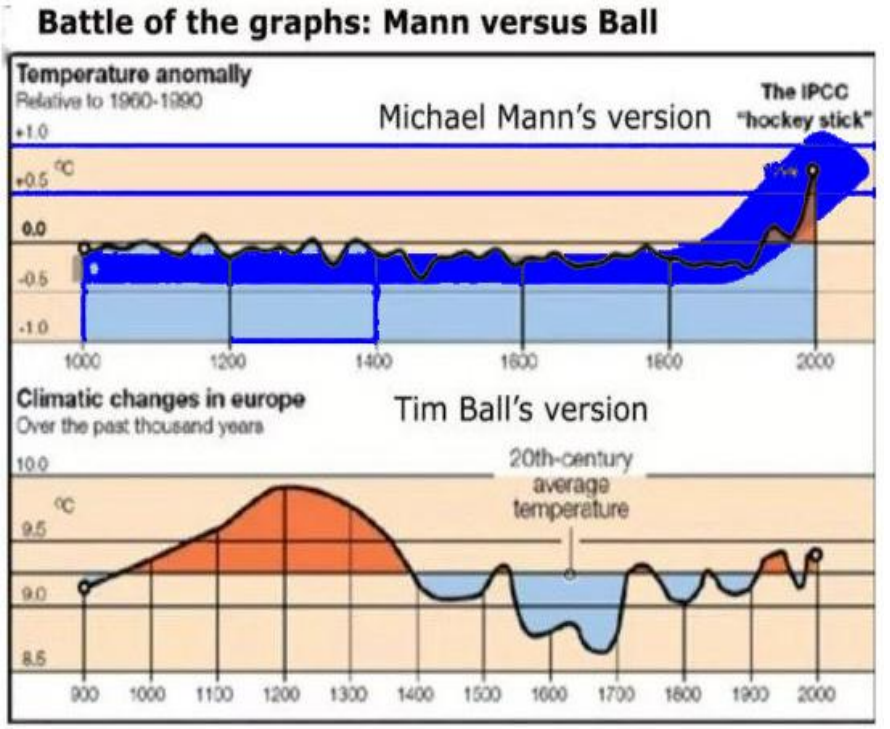
The Cult is unable to offer any documented proof that climate change is taking place in line with their predictions. In their desperation, they simply present extreme weather events as proof of climate change. As with COVID-19 and 9/11, various actors and media luvvies present images and constructs to support the Cult narrative. The idea that carbon dioxide (CO2) will cause a few degrees warming of the planet and cease life in its tracks is easily tested by looking at past episodes of the planet's climate history. Back in the annals of time, recorded levels of CO2 were much higher than they are today. If their hypothesis is correct, how is it that we

are still alive today to the tune of 7 billion individuals? That question is central to the success of the Cult narrative on climate change and scientifically, they had to address it.

Don't forget, prior to the recent Cult narrative on climate change, real science shaped the annals of climatology. Indeed, it is interesting to note that back in the infancy of the BBC in the late 1950s – early 1960s, their meteorologists and documentary makers were warning of another mini-ice age because they understood that the heating of the upper atmosphere was dependent on sunspot numbers. As sunspot numbers declined, temperatures declined and periodically, the sunspot numbers scraped along the bottom of the graph till we come to a point called the Maunder Minimum. When that happens, we experience very cold temperatures and possibly, a mini-ice age.

During the Middle Ages, roughly 1000 – 1400 BC there was little economic activity other than small scale scattered farming to put food on the table. Population sizes globally were also much smaller. Vexingly for the climate change brigade, the atmospheric concentration of carbon dioxide was much higher than it is today. This period was known as the Medieval Warming Period and it was an "inconvenient truth" for the Cult. It was an 'inconvenient truth' because the Cult feverishly attempt to equate economic growth i.e. use of carbon to produce heat equals high levels of carbon dioxide. The Medieval Warming Period simply states that levels of carbon dioxide go up as well as down within what is known as the Carbon Cycle. Thus, concentrations of carbon dioxide wax and wane as part of a natural cycle. The Cult knew they had to do something to address the Medieval Warming Period.

Professor Mann's Hockey Stick Graph



In Mann's top graph, the warm medieval climate data has conveniently disappeared in favour of an almost straight (blue) line along the x axis. The graph starts to peak almost exponentially from the 1920s onwards. Incidentally, water vapour is a more potent greenhouse gas compared to carbon dioxide as are CFCs, (chlorofluorocarbons) that are used in refrigeration systems. Indicators of past climate data for this planet is locked up in the oxygen isotope ratios that are found in the Arctic ice cores.

This very inconvenient truth of past CO^2, (carbon dioxide) concentrations that vary through time were already known by academics in biology, palaeontology, climate scientists and students of Earth Science. They knew that back in Earth's history, levels of carbon dioxide fluctuated and were indeed much higher than those found in today's atmosphere. Plants and vegetation absolutely thrived in enhanced concentrations of

atmospheric carbon dioxide. Nonetheless, the Cult had at their disposal, the biggest and best universities, and centres of environmental excellence. In the first IPCC document of 2001, they had the difficult task to re-shape climate science and everything that went before it. They attempted this through the work of their main man on the scene, Professor Mann, of Penn State University.

Professor Mann's Hockey Stick Fairy Tale

His brief was to interpret past climatological data to fit the global warming narrative of the Cult. He produced a graph that wiped out the Medieval Warm Period and incidentally, the Little Ice Age. The same model data purported to show a massive increase in lower atmospheric carbon dioxide concentration as the Industrial Revolution kicked in. The Hockey Stick graph shows peak carbon dioxide emissions occurred around 1950. In other words, Mann's data shows that man's economic activities equate directly to the heating of the Earth's atmosphere i.e., global warming/climate change.

Professor Mann's work formed the centrepiece of evidence that was used by the Intergovernmental Panel on Climate Change (IPCC) in 2001 to show the urgency of the task. According to the IPCC, the science of climate change rested on the so-called Mann Hockey Stick graph. This graph purports to show temperature anomalies i.e., climatic changes with carbon dioxide concentrations.

Professor Mann's 'Hockey Stick' data was challenged by an atmospheric scientist called Ball[(5)] and in the ensuing cat-fight, Mann took Ball to court for defamation of character. It is here in the courtroom that life became scientifically surreal yet legally interesting.

After nine years of legal battle and a delay period of almost three years by Mann's lawyers, Professor Mann continued to refuse to disclose his data. The court awarded victory to Tim Ball and his costs were paid by Professor Mann. Any scientist worth his salt can defend his data and conclusions and Mann could not do that. Why would he take Ball to court over an issue indirectly related to his work? It is all very odd. It was also found that the 'predictive' model which Professor Mann used to correlate

carbon dioxide content with economic activities was setup in such a way that regardless of the data input to the model, the model would spew the same shaped curves! Sounds like quack science to me.

My pet gripe working and researching as a scientist was the use of predictive probability modelling. In theory, it sounds good because you can input environmental parameters such as rainfall, wind speed, humidity etc. and overlay model parameters with real data. Theory says you use the best scientific practice and verified data. All these data are thrown into the model and the next step is the probability modelling bit. It is here that you can 'weight' the probability that this or that might happen. In the right hands, Monte Carlo and other types of probability modelling are great tools to analyse worst or best case and everything-in-between scenarios.

Alas, the output of these models appears 'scientific' in the sense that the data appears to make sense according to what you think, might or could happen. Once you print out the graphs etc, you have a nice presentation to wow your peers or in this case, Cabinet Ministers or heads of the IPCC. The downside to all this is you can 'load' the model with dubious parameters and even more dubious data. Invariably, you can produce whatever data scenario you want. All of that of course is, quack science because in any model scenario, *rubbish in equals rubbish out*. First year students would get a fail on their project if they attempted to use the same methods.

This is the same modus operandi that Professor Ferguson of Imperial College used for the grossly inflated model prediction of COVID-19. Professor Ferguson's 'quack' science data gave the UK government the pretext to lock us down. In other words, biased and 'quack' science carried out by so-called reputable and eminent scientists is used by the Cult to drive any agenda of their choosing. As an aside, I have used probabilistic Monte Carlo modelling to predict the atmospheric dispersion and concentration of stack-released radioactive discharges from UK licensed nuclear sites. It is relatively easy to alter, amend or change environmental variables prior to modelling to get any answer you desire – quack science **in** equals quack science **out**.

Quack science of climate change

In other words, the scientific thrust of climate change was from its onset, fake, quack science. In my opinion, Mann committed scientific fraud and he should face jail for his crimes. The court case between Mann and Ball reached its conclusions in 2019. Ball won this case and legal costs against him were recovered. This historic and psychological victory should have sounded the death knell for climate change. The mainstream media, however, ignored the court's verdict and the debunking of Mann's Hockey Stick graph. The modus operandi of the mainstream media is to ignore any news or data that does not fit in with their agenda. This happens across the world, especially in so-called developed countries. The BBC in the UK for example never mentions Ball's court case and its outcome against Professor Mann. I often wonder how much understanding climate activists have about what is going on in the climate science world as opposed to climate change science and mainstream BBC science. I suspect that those who follow the mainstream media and only this one stream of information/disinformation are party to just one side of the story. I understand that much of academia support the Cult narrative on climate change science simply because they are awarded research grants and other goodies to inflate their and their university's coffers and academic egos.

In situations where the climate science data becomes 'inconvenient' the Cult predictably ignore, the evidence and carry on hoping no-one notices. Instead of producing verifiable scientific data to underpin their narrative, they wheel out David Attenborough and yet more of his gloomy 'end of the natural world' type documentaries. It gets even worse when they also wheel in Hollywood luvvies such as L. Di Caprio. Leonardo Di Caprio's latest film 'Don't Look Up' is propaganda against the lack of attention from a dis-interested world to what climate change activists consistently trot out that the end of the world is nigh unless we stop burning coal, working and feeding ourselves – pure tosh.

‘Climategate’ – the sad story of the University of East Anglia, Climate Dept.

If anyone is interested in uncovering more fake science within academia and so-called climate change, look no further than what happened at the University of East Anglia Climate Change Department some 15 – 20 years back and this scandal was dubbed, '**Climategate**'. If you search this term in your browser, be careful on what you click on because I have noticed a shift in how this happened, why and its eventual outcome. Google and Wiki pages in particularly, are attempting to re-frame what happened just like in a good Hollywood movie. I always look for historical stuff on a browser called ‘way back machine’. This website takes a snapshot of web pages and keeps them for prosperity. An awful lot of good stuff was already circulating on the Internet before Google arrived. The Internet is now but a shadow of itself, courtesy of Google and its brand of ‘search parameters’.

Google is an effective ‘air brush’ on any views that challenge the state narrative on climate change. Check out this link from back in the day to get the information first-hand without bias and read the hacked emails between crooked academics and the IPCC. These are the depths; the Cult plunged to in late 2009. These are also the same individuals who weaponised our youth against us when discussing anything related to global warming.

https://www.lavoisier.com.au/articles/greenhouse-science/climate-change/climategate-emails.pdf

Arctic, Antarctic sea ice and polar bears

You might remember some years back when the mainstream media spearheaded by BBC's David Attenborough reported the ice packs around the north and south poles would melt. This would result in a rise in sea levels and subsequent inundation of many small islands dotted in the Pacific and elsewhere. This is a report from The Spectator[(6)] dated *October 7, 2021*

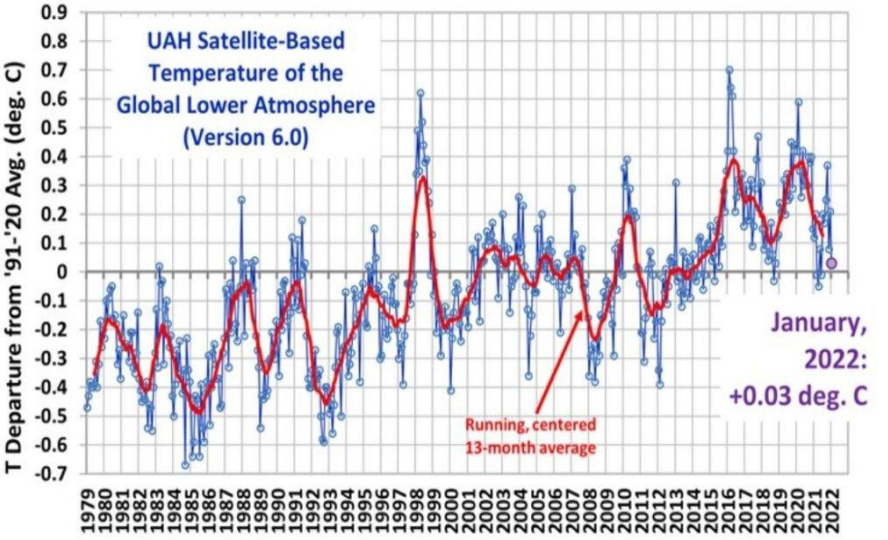
"Antarctica just logged its coldest winter on record, with average temperatures hitting a blustery -78 degrees Fahrenheit. Individual temperatures hit as low as -144 degrees Fahrenheit. This is the coldest South Pole winter since records began in 1957. The dramatically cold temperatures are part of what some scientists see as a larger cooling pattern in Antarctica. NASA published a study in 2015 which showed that the Antarctic ice sheet had gained billions of tons of ice each year for decades. That included a net gain of 82 billion tons of ice per year between 2003 and 2008". I wonder if David Attenborough has any comments?

There are many factors influencing the accretion or otherwise of the massive ice packs surrounding the continental shelves of Antarctica, including El Nina events and the presence and intensity of polar vortexes. Climate has always been dynamic, and it can only be understood through periods of hundreds of thousands if not millions of years. Weather is changeable by the second and seasonal if you live far from the equator. For example, the hottest recorded month in the past 30 years was in June 2021. Can we really point to carbon dioxide as the cause? Some individuals confuse weather with climate to prove their point – that is simply bad science /wishful thinking. The same goes for extreme weather

events. Extreme weather events are simply that and not a precursor for sudden-death Climate Change!

Satellite data on atmospheric temperatures

How about a bit more data on lower atmospheric temperatures from satellites during the past thirty years? Atmospheric data is a more reliable way to measure temperature change because land-based recording stations are subject to heat island effects and monitoring sites are cherry-picked by those with a climate change agenda. For example, one of the chosen sites within the UK to log surface temperature is sited within Heathrow Airport! It makes no sense to site long term temperature monitoring stations within urban, densely populated areas because of 'heat-island' and other effects related to the take-off and landing of thousands of jet engines! Long story short, changes in atmospheric temperatures obtained via satellite technology have remained almost flat for years – see article below.



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"This is the latest January temperature record produced by satellites accurately taking global measurements on a 24-hour basis. It shows barely any deviation last month (0.03°C) from the 1991-2020 average as shown by the blue line. The 13-month red line average reveals movement

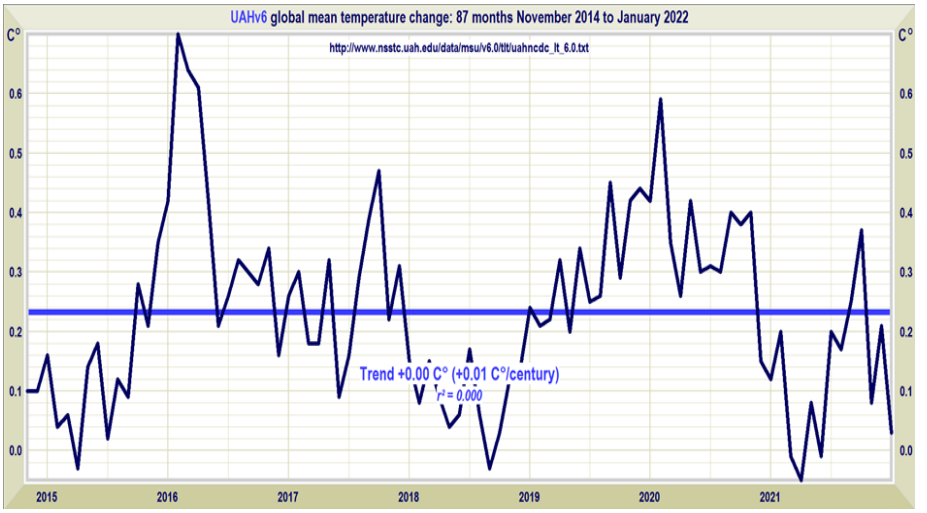
of just over 0.1°C. Furthermore, the satellite record is now revealing no global warming for seven years and three months.

The data is compiled by Dr. Roy Spencer from the University of Alabama, who was kicked off Google Adsense recently for publishing "unreliable and harmful claims". The move demonetised Dr. Spencer's monthly satellite update page by removing all Google-suppled advertising. Google says it will ban all sites that are sceptical of "well-established scientific consensus".

Dr Spencer has been compiling satellite temperature data for 43 years and has received awards for his work from NASA and the American Meteorological Society. He is currently working with NASA on the Advanced Microwave Scanning Radiometer flying on the Aqua satellite.

Satellite data shows less warming than surface measurements, which are prone to the bias caused by urban heat distortions. In the U.K., many of the recent "records" arise from city-based recorders. In July 2019, a U.K. record hot day of 38.7°C was produced in the middle of Cambridge, a city that has grown by 40,000 people over the last 40 years. The U.K. Met Office seems particularly keen on promoting its thermometer readings at Heathrow airport, a massive industrial estate with acres of concrete and tarmac and constantly moving jet aircraft. Needless to say, the surface measurements are the record of choice for media and political thermogeddonites (those in favour of thermal Armageddon). However, not all surface measurements accord with the well-established scientific consensus. The recent news that the South Pole had its coldest six-month winter since records began was largely ignored by mainstream media. In the world of green political activism, all surface temperature measurements are equal, but some are more equal than others.

Away from the surface distortions, satellites take constant measurements as they circle the globe. The seven-year temperature standstill is graphically shown by further work from the University of Alabama, below.



Over a seven-year period the trend is zero. Over 100 years the extrapolated trend is +0.01°C. Margin of error stuff of course, but probably nothing much to worry about. If temperature keep on rising at this rate, we will hit the 2°C ceiling rise set by the Paris climate conference around the year 3000. Back of an envelope calculation, we should hit the Net Zero 1.5°C target in about 400 years' time. This complex modelling of course assumes that global temperatures never fall again – a first for Planet Earth."

By Chris Morrison, Daily Sceptic Environment Correspondent, 4 February 2022 • 07.00

As for the BBC arguing and echoing the IPCC 2001 statement that the "science is settled" with a 97% of climate scientist consensus is nothing more than a fake, dumbed down headline. I remind the BBC that despite it being an inconvenient truth, Science and hypothesis testing is adversarial. If there were real changes in upper atmospheric heating and real increases in atmospheric concentrations of carbon dioxide that correlate against temperature increase, it would-be front-page news in all Cult-controlled media. Even during the recent 2021 COP26 meetings in Scotland, no new data was presented that the atmosphere is warming. Much of the proceedings were mere platitudes of Cult-controlled politicians saying what they want us to do to reverse climate change rather than discussing or debating climate science.

I, like many people in this country would love to live in an island much hotter than it is now but from where I am sitting, the lack of sunspots over the past several years means we have been wobbling along the bottom and heading toward a Maunder Minimum. It seems we may soon experience very sharp drops in temperature which may approach temperatures experienced in the 1760s in which the River Thames froze over, and they held 'frost fairs' on it. Climatologists dubbed this period in our history from about 1700 – 1850 as the Little Ice Age. Instead of climate change upward temperatures, the real evidence suggests exactly the opposite with real prospect of plummeting temperatures.

Regardless of the lack of any meaningful climate data, the Cult are cementing climate change into their government policy using green taxes to achieve 'zero net growth' ad nauseum. The climate change scam has been going since I was an environmental science student back in the late 1980s. I do remember content from my Environmental Law module in which carbon taxes would be levied on countries whose economic activities went above their carbon dioxide quota and that carbon taxes themselves could be traded. Even then, I thought how ridiculous all of it is. I now discuss the faked scenarios and cherry-picked data behind the so-called death of the Great Barrier Reef coral die-off due to climate change effects.

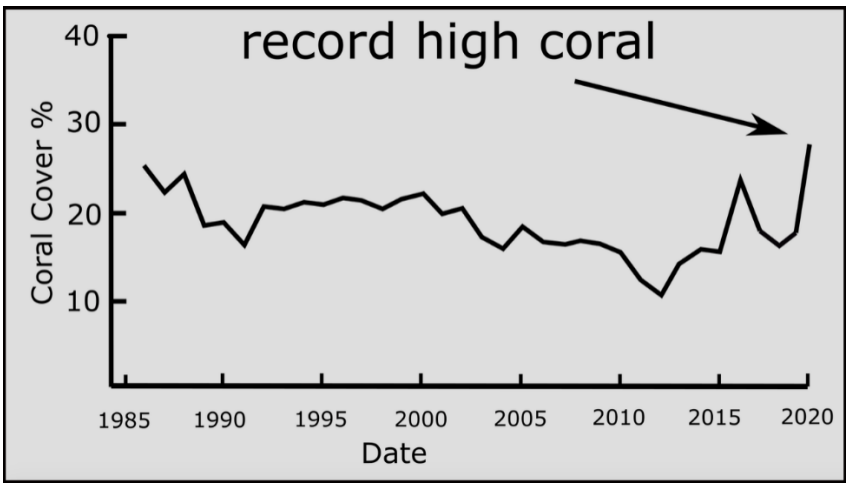
I remember back in the mid-1990s, the BBC and Attenborough making gloom documentaries on the effects of warming sea temperatures on the fecundity of the Australian Great Barrier Reef. Environmental data and simple observation say otherwise, and I reproduce the latest data on the Great Barrier Reef saga verbatim from Chris Morrison next.

Fable of the Great Barrier Reef, Australia:

An 1871 dataset of sea temperatures across the Great Barrier Reef in Australia has been compared to recent measurements logged at the same reef areas. No differences in temperature were found by Dr. Bill Johnson, leading him to conclude: "Alarming claims that the East Australian Current has warmed due to global warming are therefore without foundation."

The 1871 temperatures were taken by the SS Governor Blackall steamship on a voyage around the Australian east coast to observe a total eclipse of the sun in the north of the continent. Hourly measurements were made between 6am and 6pm every day in the voyage from Port Stanley, north of Sydney, to Cape York and repeated on the journey back. Dr. Johnson, a former research scientist at the New South Wales Department of Natural Resources, allowed for the considerable seasonal variations in temperature across the reef but concluded that nothing much had changed. He said there was no evidence that the system regulating temperature had broken down "or is likely to break down in the future".

Such stories do not tend to appear in the media, most of which is firmly wedded to the notion that human-caused global warming is destroying the coral reefs around the world. In October 2020, the BBC reported that the Great Barrier Reef had lost half of its coral since 1995, citing a report that said it was due to "warmer seas driven by climate change". But Professor Peter Ridd, who has spent 40 years observing the reef, noted recently that it was in robust good health. Coral growth rates have if anything "increased over the last 100 years". The graph below, compiled by Ridd from the Australian Institute of Marine Science records, illustrates recent growth.



Agence France-Presse's award-winning reporter Marlow Hood recently quoted a University of Leeds paper that said coral reefs anchoring a quarter of marine wildlife will "most likely" be wiped out, even if the rise in global warming from pre-industrial times is capped at 1.5°C – which amounts to future warming of just 0.4°C, as 1.1°C has already occurred since 1820. Mr. Hood describes himself on his twitter feed as the "Herald of the Anthropocene" and was recently given €100,000 by the Spanish bank BBVA, which is heavily involved in Net Zero finance. In his commendation, Mr Hood was praised for his ability to "synthesize complex scientific models and studies and explain them in simple terms".

Certainly, Mr Hood went to the heart of the Leeds paper by further reporting that with an increase of 2°C, reef mortality "would be 100%". This finding is said to have come from a "new generation of climate models".

Corals have long occupied an exalted place in the climate tablets of doom. Their demise is commonly projected from the natural bleaching that occurs when they expel symbiotic algae, suggested to occur in reaction to sudden changes in water temperature. However, most bleaching – which also appears to have an important evolutionary function – occurs around weather oscillations, such as the El Niño event. These happen on a regular basis and once localised conditions have been stabilised, the coral usually recovers. Tropical coral thrives in temperatures between about 24°C and 32°C and sometimes grows quicker in warmer waters. Any change in long term global temperatures is unlikely to be a threat and certainly not one as small as 0.4°C. In any case, according to Dr. Johnson's discoveries, there hasn't been any change in such conditions on the Great Barrier Reef for at least 150 years.

By Chris Morrison 14 February 2022

If we follow the science, all should be well but, Science is not an objective line of enquiry anymore, it is a social process. Science was hijacked by Big Government/Pharma/Industry many years ago. Scientific research is an expensive venture. It is carried out mostly by government and Big Industry. As such, decent scientific questions about anything of interest are easily derailed by those who control the purse strings of research. The history of climate change is based on deception and falsehood, selective scientific data, selected scientists and institutions, media charlatans, crooked environmental organisations, and publishing media.All these bodies like to control what science we talk about and act merely as gate-keepers on what is worthy of study. Climate change is more to do with the psychology of human control than Science.

Chemtrails or Cirrus homogenitus

As an aside, the august UN body, The World Meteorological Organisation recently classified chemtrails as ‘contrail clouds or Cirrus Homogenitus’. This august body of atmospheric and climate scientists has its origin in the International Meteorological Organisation which was formed in 1873! These scientists meet to discuss how clouds are formed and their dynamics etc. Theoretically at least, this organisation is home to the more distinguished climatologists and meteorologists of the world. I suspect if this body had kept its independence and not joined the United Nations, it would still call a spade a spade and not a fork!

It seems for whatever reason, they decided to classify, chemtrails aka ‘chemical trails’, to 'long persisting con-trails' with the splendid title, Cirrus Homogenititus. The objective of the Cult of course, is to normalise and scientifically legitimate the chemical spraying of our upper atmosphere. When the Cult are ready to go public with their past 80+ year covert chemtrail spraying operations, they will call it a programme of ‘geo-engineering our skies to dim the rays of the sun’. You cannot make anything of this up, but they did!

Planes have always sprayed water out of their engines and at high altitudes, water and a few engine impurities of combustion combine to create ice crystals. The ice crystals stream behind the plane. When

contrails descend through the atmosphere, it gets progressively warmer and grey contrails i.e., ice crystals disappear within minutes.

Chemtrails on the other hand, however, persist within the upper atmosphere for hours and disperse laterally to form horizontal lines. Eventually, the chemtrails choke out the sun and we are left with a thin grey sky above our heads. There have been many reports over the years detailing some of the substances found on the ground after a day of chemtrailing. These include;

aluminum oxide particles, arsenic, bacilli and
molds, barium salts, barium titanates, cadmium, calcium,
chromium, desiccated human red blood cells, ethylene dibromide, enterobacter cloacal, enterobacteriaceae, human white blood cells-a (restrictor enzyme used in research labs to snip and combine dna),
lead, mercury, methyl aluminium, mold spores,
mycoplasma, nano-aluminum-coated fiberglass, nitrogen trifluoride, known as chaff), nickel, polymer fibers. pseudomonas aeruginosa, pseudomonas florescens,
radioactive cesium, radio active thorium, selenium, s
erratiamarcscens, sharp titanium shards, silver,
Streptomyces, strontium, sub-micron particles, (containing live biological matter), unidentified bacteria, uranium,
yellow fungal mycotoxins
(http://stopsprayingcalifornia.com/What_are_they_Spraying.php).

A staple of chemical spraying over the past 50 years or so are particles of aluminium and barium sulphates. That being so, airborne concentrations of these substances for example, should be recorded somewhere. If municipalities or local councils have these data, it should be possible to correlate increased incidence in asthma cases amongst the young by plotting these data against yearly airborne concentrations of aluminium. Similarly, airborne concentrations of aluminium through time may possibly be correlated with increased incidence of Alzheimer's disease, particularly in urban areas. A significant finding in many clinical studies over the years show elevated concentrations of aluminium in brain tissue in patients suffering Alzheimer's disease. These same findings also occur in those suffering neurodegenerative and neurodevelopmental disease such as ASD (autistic spectrum disorder) etc.

There are many investigative routes one could take to find out what is really going on within the tales, fables, and environmental science of contrails and chemtrails. Ironically, Leonardo DiCaprio himself said, "simply look up". What I see daily are between 4 – 6 planes at stratospheric height flying in formation over urban areas to criss-cross the sky in chemtrails. Every single day, most urban populations are caught within the cross-hairs, literally, of chemtrails.Think about the logistics of spraying chemicals each day across continents with large urban/human populations? Who pays for these activities? The costs must be so large that anything like this must come from tax-payer dollars, Euros, yen and pounds. The individuals behind chemtrails are irrelevant currently because chemtrails are almost completely ignored by legacy politicians, industry, academia, and science. Chemtrails occur each day in front of our noses and state actors refuse to engage in meaningful dialogue in relation to who, what or why these chemicals are being used. Twenty-five years ago, there were lots of websites and articles devoted to chemtrails yet nearly all of them have been "google-brushed" out of search engine results. What you get instead are the so-called science 'fact-check' sites and various wiki pages spreading mis and disinformation. I describe the antics of the Google search engine in the same breath I use to describe the Nazis of the Second World War when they decided to burn all books cherished or written by Jews. Why is a Big Tech search engine defining what we can and cannot read?

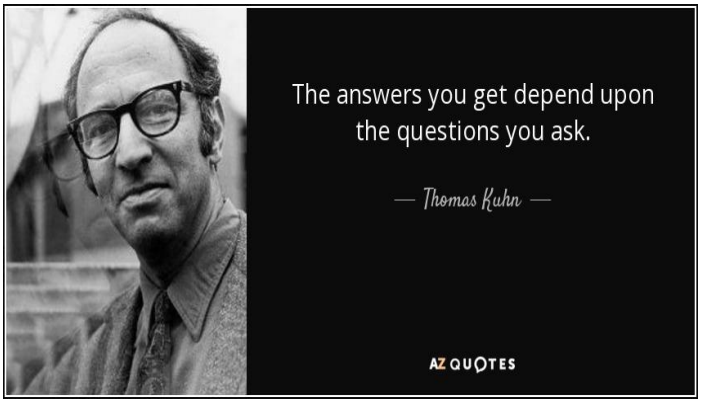
Planes that disperse chemtrails fly well away the main aviation passenger flight paths in formations of 4 – 6 aircraft. In other words, the chemtrail spraying organisations should be found and detailed within the databases of the Civil Aviation Authority, (CAA) here in the UK. Other countries will have their own aviation controllers. Thus, who owns the planes, who are the sub-contractors are with associated flight paths? That data should lie in the annals of government bodies that regulate aviation. They will have note of flight plans, schedules, when planes take off and land etc. The aviation regulators should be forced to disclose these data and information. If they have nothing to hide, it should be simple for anyone to ask for an FOI on the chemtrail spraying activities of our atmosphere. When they are caught out and many people ask the same questions, no

doubt the politicians and government scientists will probably say that ‘chemtrail spraying’ is part of a global experiment to control global warming by making the upper atmosphere opaque to incoming solar radiation or something of that ilk.

It is interesting to note how meteorological science has ‘bent the knee’ in re-defining chemtrails as contrails or should I simply say, Cirrus Homogenitus clouds! The World Meteorological Organization, (WMO) is one of the most august of scientific institutions in all of science, yet it is difficult to understand their reasoning in branding chemtrails as contrails. This scientific re-brand has been enthusiastically endorsed by Google and Wiki so it must be right, yes? If anyone is interested in these matters, pop down to your local library and find old copies of scientific discourse articles and meetings from the WMO on cloud types and whilst there, have a look at weather/climate articles from the BBC and what they said in those by-gone days. In the 1950s for example, the BBC meteorologists were telling us to prepare for an upcoming mini-ice age!

I now describe a few more constructs of our reality including the media, politicians, and the perpetual war machine. They just keep chugging along doing and saying the same thing, year after year, decade after decade.

Chapter IV: The Annunaki Eco System

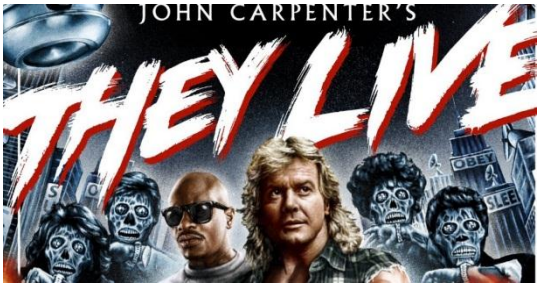


I argued previously that just like in the Matrix movie script, our lives are nothing more than a construct, a dream that was birthed outside the bounds of our consciousness. I also provided a few examples of Cult false flags such as climate change, chemtrails, COVID-19, 5G and the infrastructure of mass mind control. I asked you to just focus on state actors as they went about their business. COVID-19 is very interesting because every measure and protocol happened in lockstep across many different countries. That gives you a rough idea on the countries currently under the boot of Cult puppets. The COVID-19 response protocol rolled out in lockstep. The same script of control and lockdown were acted out in many countries around the world using different languages. I listened to the same language of deceit, sorry, 'explanations' for the reasoning behind lockdowns in at least three different languages. The news, Q&A's, press conferences, media announcements was scripted from one entity.

The press, media, TV, and radio fanned the flames of fear relentlessly for two years. The psychology of crowd control, especially psychological coercion perfected from years of MK-Ultra programming were doled out to millions of citizens from government-sponsored Tavistock, nudge units. Many listeners and viewers of radio and TV became mesmerised by the relentless propaganda and subsequently acted out as echo chambers of

state propaganda. Millions of people gave their power away and conformed to government diktat. It became almost impossible to visit local GP surgeries because they quickly turned into Checkpoint Charlie's, as did hospitals. Even buying a loaf of bread was problematic because you had to get in line, wait your turn, walk this way and not that way, socially distance yourself and 'put that damn mask on'. Your neighbours ended up looking like something from Hannibal Lecter and oh my, lots of people complied with every little order barked. I can understand the youngsters less than 25 years old doing this but those who conformed the most were those of pensionable age and they had been round the block with numerous politicians and political parties. They lived through many eras of 'vote for me and I'll set you free' promises. It is madness to vote the same way and expect a different result!

During this period, I observed how the media also operated in lockstep and with one voice and remembered watching John Carpenter's 1988 film called 'They Live'. Copies are still available to buy on eBay and even Netflix was showing it about eighteen months ago. The story revolves around an elite alien race that transmits a frequency from a local radio station that allows them to walk around unseen. When the transmit frequency is switched off, the humans can see the aliens. That analogy is not far from the truth of where we find ourselves now. I mentioned earlier that much of the media, journalists and politicians have a dark energy about them. The bulk of this energy emanates from the lower fourth dimension. I especially feel this dark energy streak every time I listen to BBC's Radio 4 Today programme and the so-called talk radio shows having one dark energy and one dark voice.



The day-to-day script of Agenda 2030 is duly disseminated every morning and if you want to know what is on today's menu of Cult control, just listen to what the presenters say. Their daily diet of the past two years has been COVID-19 lockdowns, vaccines and COVID death figures. Their guests are either professors of this or that and time-served politicians. I almost sense the fear in junior minister X when asked a question about this or that from the BBC Radio 4 presenters. It's very creepy yet, this where we are and from start to finish, it is a construct of lies and deceptions.

The BBC and media also employ ‘walk-ins’ or ‘crisis actors’. The same person, usually a middle-aged woman, just happens to be in the exact spot that the '7-7' bomb exploded and gave the state broadcaster exactly what they wanted to hear. The same person inevitably pops up in some other terrorist outrage and gives a similar line. Similarly, radio stations, also use 'crisis' actors who phone in and their comments are on-cue to the state narrative and so it goes on. In almost all cases, the crisis actors emphasise this point over that point in order to limit the remit of the on-going discussion. In other words, the British media has spent thousands of hours between them during the past two years demanding we get our jab, hyped vaccine efficacy, promulgated a fear fest of deaths and intubations, supported wholeheartedly, masks, social distancing and praised the Cult-derived NHS Hospital Trust managers ad nauseum. Not one media presenter veered off-script to talk about the origin of the SARS COV-2 virus or vaccine injuries, vaccine deaths and heart issues of myocarditis and deaths associated with hundreds of fit, young sportspeople.

The BBC excels at supporting the Cult narrative by focussing on effects rather than cause, time and time again. It is all fake, staged nonsense that is designed to limit the terrain of ideas about what we focus on, what we internalise within our conscious and subconscious minds. There is no need for me to go into the so-called 'fact-checking' organisations employed by all the social media giants and how Twitter et al, de-platform anyone criticising the state narrative.

The Cult use social media to assess where the state of the nation is, so that they can turn up or down, their false flag screw. It is amazing just how much useful psychological information we freely give away to the Cult. I am gob-smacked by the power of the media in limiting the bounds of any discussion. The global media or more precisely, the Cult "chattering classes" are in effect, Trojan horses, deceptively used against the masses. The 'chattering classes' limit the boundaries of our daily discourse. It is they who talk and we listen. A most effective solution to these mind programmes is very simple, stop reading, listening, and watching legacy mainstream media.

There is a war going on for our minds. Whenever we switch on the TV, radio, or read a newspaper, we become subject to a spin of mind control and subliminal words and imagery. With enough exposure to this mind-numbing nonsense, it becomes difficult to separate fact from fiction because the same messages are routinely disseminated day after day throughout our lives.

The 100 monkey effect

One of the greatest fears the Cult have about human beings is termed, *'the hundred monkey effect'*. It takes just one thought to produce a wave of human creation. This one thought is picked up, assimilated and acted upon by others. A tsunami of creation is produced as more and more minds come together. This one independent thought suddenly reaches a critical mass. When that occurs, every human across the globe become as One.

The 100-monkey effect is dangerous to the Cult because it means the human can think for itself and challenge their hegemony. That is why the Cult systematically control, all social media including music, medicine, philosophy and science – they want it all. They must keep a covert tight lid on what we are exposed to i.e. free energy or anything that may affect our consciousness. A prime example of this is to study what happened to Malcolm X. When Brother Malcolm was a preacher with the Nation of Islam, he espoused a black consciousness of sovereignty through 'apart-hate'. The Cult loved this type of consciousness forming because racial hatred or 'apart-hate', is one of the key social control methods of the

masses. The Cult has used ideas about racial superiority /inferiority against us, globally, for hundreds of years.

Things changed for Malcolm when he went to Saudi Arabia on a hajj and he converted his faith from the Nation of Islam to Islam. He realised the Oneness and inter-connectedness of everything when he saw, white, blond-haired worshippers, next to black-skinned worshippers. Anyone who brings people together is forbidden by the Cult. Shortly after, he was assassinated.

Malcolm X was an originator of an independent thought that left unchecked, would lead to great social change in how we live and worship together. Fast forward to today, the 100-monkey syndrome is the reason why all mainstream media from printed matter to social media and search engines to Hollywood, do their best each second of each day to selectively, map out the terrain and bounds of our consciousness.

Examples of bias conditioning via Hollywood actors include, Johnny Weissmuller, (early 1930s Tarzan actor), John Wayne, The Lone Ranger and Tonto and Arnold Schwarzenegger. Each actor played out a particular mind-set for its viewers to ape and take on-board. All of it is nothing more than social programming on what to think of self, others, and our relationship to work, marriage, love, and death. Hollywood skilfully fragments societies into this or that in much the same way that the BBC championed racist and bigoted views of black people through its soap, Alf Garnett in ‘Till Death do us part’ – it is all divide and rule, nothing more and straight out of the Tavistock Institute, Social Engineering Department!

Political parties – handmaidens of the Cult

The Cult invented political parties and they were setup to give voters the illusion of choice. What they are after is our total compliance and societal obedience in how we are ruled and governed. They don't care whether that obedience comes from a Marxist or Thatcherite perspective. All they want is for us to get totally wrapped up in one of their ideologies. The trap is sprung when we give them our vote. Take the Labour and Tory Parties in the UK as an example. The Cult control both these parties and in that way sequester most electoral votes to do what they want from general election

to general election. It matters little whether it is Labour, Tory or a coalition parliament, the agenda remains the same. During 2020, the Labour leader, Keir Starmer did not argue about the necessity of lockdowns and other societal restrictions during COVID-19. Fact is, Keir Starmer wanted more and longer lockdowns and even tougher sanctions on our freedom of movement and medical autonomy.

What we see at Parliamentary Question Time is theatre because both leaders answer to the same master. They always support each other to get legislation through or they face the wrath of their masters who lurk in the shadows. Think of the unbroken policy lines of Tory and Labour 'grand master' politicians such as Margaret Thatcher and Tony Blair! I define all Cult political parties as nothing more than the Punch & Judy Show.

Britain and the US have different approaches to governing, yet an identical Punch and Judy narrative that runs from the same script. Both countries are staffed by left and right political parties whom on the surface do not like each other. At any opportunity, they denigrate the policies and the leaders of the other side, yet magically, both parties pursue the same policies when political consensus is needed in times of war or pandemics. When this happens, your friendly, down to earth, hand-shaking political leader turns into a monster as bullets and bombs rain down on anyone unfortunate enough to be in way of their covert Cult script.

In the UK, the Labour Party traditionally mops up the working class, ethnic and rebellious middle-class voters. The Tory Party mops up captains of industry, 'posh' wannabe working class voters and, of course, the entrepreneurs, businesspeople, and capitalist risk takers. Left and right ideology espouses state intervention. Labour likes Big Government because it means those working for the State, will probably vote for them. The Tory Party believes in Little Government and in rolling back the power of the State. The Tory Party is more aligned with Industry than the working classes of this country. Thatcherite policies were geared to break the big union leader, Arthur Scargill, enable council tenants to buy their own homes and to sell off the state silver such as the gas, water, electricity, and railway utilities. Regardless of differences in how these

parties operate when in power, when something happens and a big decision is to be made, just like a gaggle of hand maidens, they support each other to get the legislation through.

From time to time, the ideology of control needs a freshen-up and new players enter the scene. Enter stage left, Tony Blair and New Labour. They not only carried out the policies espoused by Maggie Thatcher but went even further than traditional right-wing policies. The right wing – left wing Punch and Judy show is superbly suited to the politics of post-war Britain, yet all of it is Cult-controlled. Democracy in this and other countries has always been a hollow premise and simply camouflages a dictatorial Cult narrative.

During the COVID-19 lockdowns, the Tory Party paid furlough of up to 80% of salaries for workers to stay home and this was from a Tory government. I almost choked on my rice crispies when that happened. The unions also acted like attack dogs for the Tory Party by telling their members to stay at home till masks and other measures are put in place for the safety of their members. None of this makes any sense unless it is understood through the lens of a Cult narrative in which political ideologies, many trade union leaders, mainstream media and many other 'isms' within society, covertly bat for the Cult.

There are no ideological differences between left and right politics in this and many other countries – the Cult control it all. Tony Blair is still the poster boy for the Cult. That is why the BBC will always have time for what he has to say. When Tony Blair opens his mouth, it is the Cult speaking. On the face of it, British politics is adversarial and up to a point, it is. When a new Member of Parliament takes up his duties, he must swear allegiance to the Queen; as do the police, that is where total power resides. The Queen of England is the pinnacle of the royal dragon bloodline, and this is where the high office of the Annunaki and lower fourth dimensional bloodline power lies and flows from.

Political parties probably represent the biggest singular concentration of fourth dimensional dark energies almost everywhere in the world. This is why, almost all political parties sing with one voice on matters they deem

important such as climate change, net zero or banning all petrol and diesel cars by 2030. It matters not whether that party is left, right or centre or whether they are based in the UK, US, EU, Philippines, India, Japan, China, or Australia. These dark bloodlines like to control every aspect of our existence and if we happen across a real good idea to make money or invention or have a different way of thinking, they like to assess, re-define and control it to ensure it does not disturb their hegemony aka the 100-monkey syndrome.

This is how they control the bounds and terrain of human consciousness. The reptilian lower fourth dimensional entities including their hybrid and royal bloodlines lack the emotional tools we humans have. They act like a playground of overgrown bullies and will do anything to get their own way. Their bloodline instinct tells them to control and consume whatever they want; hence, the Chinese bloodlines fight neighbour bloodlines to gain territory, as did the European bloodlines. That is the sole reason why historically, there has been much blood spilt in wars of conflict and domination – we have been dying for their causes since time out of mind. Age-old imagery of dragons, snakes and other reptiles hold significance to the Reptilian bloodlines, which is why these symbols riddle through the art of the elites, royals and nobles.

The Cult do all of this by covertly controlling the narrative and deciding what we plebs, think and discuss amongst ourselves. Prime examples of this covert discourse involve the media, which is why in many parts of the world; the alternative media call mainstream media as ‘lame-stream or ‘legacy media’. As more and more people wakeup, they look to alternative sources of news. The message of the mainstream media now falls on deaf ears simply because it is so out of touch with what happens in the lives of ordinary human beings. I continue this discussion by peeling back, yet another layer of the onion – the media.

The BBC and the Tavistock Institute, handmaidens of the Cult

Historically, the BBC has always been a sock puppet and mistress of the Tavistock Institute. The Tavistock Institute is infamous within the alternative media as a centre of weird social/psychological conditioning /mind control programming. For example, the Beatles met their American music mentor (cannot remember his name), courtesy of the Tavistock Institute. The American musical grand master introduced the concept of musical 'geometry' into the music of the Beatles and from that point on, the Fab Four wowed fans all over the world. The majority of singers and groups that air on the Ed Sullivan show, have some connection to the MK-Ultra mind control programme. Check out the parents of many famous names of that era and you will find they were part of the US Air Force! Almost any pop song that you simply cannot get out of your head has a specific musical geometry or process of note progression within its tune that literally sing to our soul. Composers who understood this language of musical geometry such as Mozart and Beethoven, to name just a few, were simply, once heard, never forgotten.

The Tavistock Institute has always been at the forefront of new fads and fashions. They like to experiment with sex, drugs and rock & roll to assess its effects on society, especially LSD. This institution was the driving force behind feminism for example in that infamous 'burn your bra' era.

The Tavistock Institute seeks societal behaviour to suit the agenda of the Cult and they achieve these aims principally through its main propaganda sock puppet organisation, the BBC. One has to look no further than what the BBC champions i.e. trans-gender rights, woke stuff, climate change, BLM, taking the knee, white male race shaming, the list goes on and on. Although the primary purpose of the BBC is news and journalism, they exist to do the opposite. I liken the activities of the BBC and its TV and radio presenters straight out of Orwell's *Ingsoc*, 1984. They exist to close down discussion and if we give them another inch, women, real biological women with titties, fanny and cervix will disappear. It is also no coincidence that many of its presenters and actors both current and historic are connected to paedophilia, control and abuse issues. All of that is symptomatic of its lower 4^{th} dimensional bloodline! The sexual abuses and

antics of many BBC stars is mirrored across the road in the Houses of Parliament. Almost every day, Minister B, C and Y are under investigation for bullying or sexual misconduct. All of it can be traced back to this dark bloodline.

David Attenborough for example started out his career in TV as a studio controller for the newly fledged BBC2 television station. During the past forty years or so the BBC has made available to him, millions of taxpayer monies so that he can craft what the Cult want the BBC to disseminate and normalise in terms of ideas, fads, and fashions.

In his early days as documentary maker, he focused on shifting humanity away from our cosmic and extra-terrestrial origins. He did this by shining a Darwinian filter of evolution through natural selection which underpinned all his Nature programmes. 'Lucy', the skeleton of bipedal hominid fame became the poster girl of the modern human as shown through the lens of Attenborough and the BBC. No mention was made of the missing link and its implications in understanding what happened between modern human and past anthropoid species.

As the Cult script changed to capture all economic activities across the globe by introducing 'carbon taxes' followed by doomsday global warming/climate change scenarios, the BBC documentary maker went full kilter into the fear fest scenario of carbon dioxide and mass extinction. From this point on, everything Attenborough produced on behalf of the BBC is defined through a lens of mass extinction and a changing climate. When Attenborough speaks, it is the Cult telling us what to think and what to do to, whether it is to save the planet or to applaud our hominid ancestry. The BBC, like almost every other legacy media organisation, is absolutely riddled with the dark energies of the lower fourth dimension and as such, was the ancestral home to the ilk of Jimmy Saville, and many other weird predatory 'celebrity-types'.

The reptilian mind favours order over chaos, discipline over freedom and coolness of emotion over spontaneous happy feelings. This is why modern politicians appear emotion-less, rarely get angry and love wearing suits! The BBC adores conformity in everything it does. If we focus on BBC

presenters for example, they all speak with the same accent, gesticulate their hands in the same manner, (courtesy of Common Purpose) and most of them have no humanity in their eyes. Their eyes are pitch black with forced emotions. Think of Tony Blair, the Clintons, Obama, Dick Cheney, and the Bushes. They are all joined at the hip to the Queen of England by blood.

Talkradio & LBC, the Punch & Judy Show

Radio stations in the UK are regulated for content by Ofcom. Just like TV stations, they are told what to report at every news hour and all news content is broadcast in lockstep across the entire nation. The news material is usually supplied via Reuters. The TV and radio stations get their monies through advertising, unless it's the BBC in which case, taxpayers pay for everything. That is the basic setup of how things work. Television and radio stations employ many journalists. For many of them, this is all they have ever done and all they know. Journalists for the most, write for their editors, regardless of the headline potential of the story they are asked to cover because they understand what will fly and what will sink. Once again, the Cult controls every aspect of news coverage and interpretation of national and world events. Each talk radio station, TV channel and newspaper organisation have their own brand of Orwellian 'newspeak' of left, right, centre etc. Collectively, these organisations bear a stamp of Orwell's Ingsoc.

"In the classic Orwell film, 1984*, Ingsoc is an acronym for English Socialism and the political ideology of the totalitarian state of Oceania. Ingsoc is a state-controlled political system founded on the principles of Newspeak, doublethink, and the mutability of the past, which are designed to manipulate and oppress the citizens of Oceania. The principles promote collectivism and censorship, enabling the Party to establish a completely orthodox society, where every Party member is devoted to Big Brother and subscribes to government propaganda".*

Note the parallels between Orwell's Ingsoc and the lives we lead to this day. This is how it has always been and many of us think we live in a democratic and free society! Unseen and in the background, all these systems of thought work for the same puppet masters. Few people know

for example that Karl Marx and his sidekick, Engels were in fact, Freemasons.

The reporting of COVID-19 is a good example of Orwell's Ingsoc within British media. The state narrative of get your jab, wear a mask, and give away all civil rights was supported by all media. The odd presenter would query the rationale for doing this instead of that from time to time, but the media consensus was very much, "do as your government asks of you, if not for you, do it for your neighbours and especially for your family. In other words, the terrain of ideas that could be discussed were limited to what the state wanted us to do rather than the consequences of state actions against the best interests of the people. Medical autonomy was never discussed.

Thus, most presenters on LBC merrily sang, 'get your jabs' whilst Talkradio presenters focussed on the impossibility of seeing your GP because of COVID-19. Airtime was carefully partitioned by both radio stations to focus on what the government would like to do in relation to vaccine rollout. The majority of Talkradio presenters almost always, prefaced their opening comments with, "I've been jabbed two times and so has my mother". Regardless of what they say after this point, I would argue is pointless. The major talk stations in the UK ***never*** asked basic questions of vaccine efficacy and safety!

why the novel use of mRNA as a delivery system for COVID-19 vaccines?

the majority of COVID-19 vaccines were authorised for 'emergency use only?

never mentioned emergency use status of vaccines when talking to politicians, professors or those involved in vaccine manufacture?

never talked about the period a vaccine may take to be properly authorised as being between 10 – 12 years?

never discussed the inadequacies of the Yellow Card Reporting System nor the million plus adverse reactions and deaths reported under this scheme?

never questioned the link between young, fit sportspeople, myocarditis and other heart problems within months of taking vaccines?

*never bothered to ask Boris and Whitty why they never mention vaccine injuries or indeed, the difference in the numbers of deaths between those who died **with** or **from**COVID-19?*

how many vaccines will it take to be immunised against a virus which mutates faster than I can type?

The scam and how it works

Both LBC and TalkRadio are sock puppets of the Cult and both stations take stances on issues that can be broadly defined as left wing or right wing. The confounding issue is that both left and right political ideologies are simply constructs by the Cult, for the Cult. Think of a daily Punch & Judy show in which radio presenters of LBC shower insults on the listeners of Talkradio and vice versa. The narrative is always within the bounds of the state narrative yet neither radio station goes anywhere near questions that might shed light and relevant information on what is really going on.

This is how the illusion of choice and 'free speech' is disseminated and propagated within the population via the mainstream media. The majority of LBC's radio presenters, are pro-vaccine, lockdown and Anti-Brexiteers. Talkradio brashly announces itself as the 'home of free speech and common sense'. Many of its presenters appear to have different narratives on vaccine efficacy, but in all truth their input is not that different to LBC or the BBC. The level of journalism shown during COVID-19 was abysmally low. The reason for the 'one-dimensional' and biased journalism is very simple, the ones doing the talking, reporting, persuading, and finger-pointing were either of the dragon bloodline or the naively blind, following orders. What else could explain the hysterical antics of media luvvies getting their knickers in a twist, going red in the face, and almost fainting simply because one of us plebs, dared to question the objectivity, professionalism and scientific integrity of Ferguson or Whitty?

A real problem for anyone with something to say is we do not have the power to ask relevant questions in the first place. Prior to any caller getting through to LBC or TalkRadio, they must be vetted and nodded through by studio 'gatekeepers'. The gatekeepers filter out and banish any

callers not on track or whose questions may challenge the state narrative. That is the sole purpose of Ingsoc, it makes you feel you are a part of something yet all of it is a construct and a subtle form of social control in which we manufacture the very chains that hold us in bondage. During the COVID-19 psyop, Ofcom was conveniently in the back of the minds of radio presenters and they used this card on many occasions. If a caller challenged the state narrative of either LBC or Talkradio, they would stop the discussion, 'fact-check' what you just said and then go on to argue it is against Ofcom policy for anyone to engage in misinformation! Shortly after that interlude, the 'naughty' callers would be cut off in mid-sentence. You could not make any of this up, but they did.

From time to time, the Cult allows free speech to surface within the medium of talk radio stations. The reason why the Cult allow these discussions is for them to find out where we are on a particular issue. For example, the Chancellor of the Exchequer announces a raft of fiscal initiatives through a budget that gives more money to the well off and takes money away from the poor via changes in taxation. The radio stations want our take on the latest budget because it allows the Cult to tweak and squeeze us even more if we, the oppressed and down-trodden do not make our anger heard. If every caller phones in and says the Chancellor must be living on another planet or lots of charities complain that the rich are getting richer and the poor poorer, the Cult will instruct the Chancellor to either squeeze us till the pips squeak or they may turn about and say, "this is simply a mini-budget and there is much more to come to address changes to VAT, stamp duty, inheritance tax etc.

I have listened to this happen time after time during many talk radio station discussions after a budget announcement, Brexit, or referendum. When the presenters are inundated with caller indignation in response to what a politician has just proposed, the radio station simply changes the subject.

In any event, the Cult continue to eavesdrop on our 'private' social media to see which way the wind is blowing. Based on what we say, think and do, the Cult occasionally abandon that specific initiative for the time being. This is how the media serve their masters and all of this underlies

just how important, radio, TV, social media, Twitter, Google, Facebook, and Instagram etc are to the Cult. They analyse every snippet of our social conversations to see how quickly they can advance their agenda by tweaking or postponing the many baby steps that advance their Great Reset, Agenda 21 /2030 *ad nauseum*.

A famous philosopher of science once said, "*the answers you get depend on the questions you ask*". Clearly, the mainstream media rarely if ever, ask questions of relevance. For example, the Bojo, Vallance and Whitty media press briefings that were broadcast from Downing Street during the COVID-19 psy-ops are perfect examples of a lame duck media 'soft-balled' the politicians and their technocrats. Relevant questions of safety and efficacy were never asked and the BBC always managed to get their 'questions' into the mix or should that be fix? In this way, the media perpetrate the illusion that politicians are doing their job whilst re-enforcing the state narrative. In doing so, this cosy setup quells and ignores alternative voices and views. The press briefings are perfect examples of Orwellian 'Ingsoc' and right at the heart of this media deception is its spearhead, the BBC. They are real experts in this theatre of propaganda.

For some reason, the Cult, their media, and politicians hope beyond hope that if they just ram one narrative down our throats each second of each day for year after year that at some point, we simply give in and parrot their propaganda. Perhaps this happened in the past but in the illuminating energies of today, it will no longer work the way it once did. Many sectors of society are beginning to wake up and ask relevant questions of their politicians and even they will not be able to lie and deceive us for much longer!

The media in this and other countries are caught, literally between the devil and the deep blue sea. Their constant spit of lies and deceit has turned sour and listeners, viewers and readers of Cult media propaganda have gone elsewhere for their daily fix of news. The media in countries controlled by the Cult depict a world that most of us see as foreign, whack and completely weird. They hysterically attempt to convince us that small children are savvy enough to decide what gender they are! The media

constantly force separation and division amongst us, using the young, Gay, lesbian, black, white and the old. All of it have been weaponised, and let loose within society. The USA is a perfect example of a country caught in the headlights of a stale republican-democratic ideological ‘battle’ in which democrat states defund their police forces and free speech is about as rare as hens’ teeth!

The media is becoming less relevant with each passing day. I remember as a student buying the New Scientist once a week and it was stuffed full of pages, jobs, and interesting articles. I recently had a quick look some months back and could not believe how it has shrunk to a small vestige of its former self. If you really want to know if the editors and owners of New Scientist are Cult-enablers, simply examine and read their articles on the origin of the SARS COV-2 virus, their take on mask wearing, and vaccine safety and efficacy between 2020 and 2022.

Over the years, tabloid newspapers were forced to make very small copy or go online to survive. The TV studios and production companies are also in free fall because ‘traditional TV content’ disappeared many years ago and it was replaced by soaps, advertising, soaps, and yet more advertising. Why is that? Well, apart from the downright lies and distortions of life that are promulgated daily via the media, there is a huge gap between what they are trying to sell us and what we are prepared to buy.

The King is dead, long live the King

The threat of infection from the SARS COV-2 virus is almost over thanks to the Omicron variant dominating the 'umbrella swarm' of SARS COV-2 variants. Its effects are relatively mild and like a cold. The Omicron variant has gifted humanity, natural immunity to this variant and possibly, most other SARS-type viruses as well. The Cult knows it will be impossible for them to massage the COVID-19 hospitalisation and death figures any further from this point on. They must look elsewhere to maintain their energetic feeding frenzy.

It was not long before the next Cult ‘thing’ was rudely injected onto our consciousness viewing screens. The fear-fest of COVID-19 was replaced with the Russian Bear and Ukraine. Will the Cult paralyse the global

population with fears of a world war III or nuclear Armageddon? The rhetoric is the same, and the attack dogs of the press have been unleashed, yet again. The easiest way to maintain balance and grounding in these times is to simply switch off from the media, reduce dependence on social media, TV, radio and any state narrative 'echo chambers' within your friends and family. This is a time for personal reflection prior to getting in touch with oneself. The choice we now face is whether to believe, obey and comply with a Cult narrative or not. Bojo Johnson and Labour leader Starmer are simply gofers for the Cult and it matters not, one jot, which one is in power, the same dark energies pervade all those at the top of the Trojan horse, Tory, Labour, Liberal parties.

The Cult War Machine, Take Two, Russia vs. Ukraine

The drums of war have been beating for over a month now with UK, US and European leaders warning Russia about incursions or invasions into the Ukraine. At this stage of the chess-game, forget about the history of Donetsk and Luhansk following the Ukrainian revolution of 2014. Forget the agreements between western leaders and Russia that NATO would stop its eastwards expansion along the border with Russia. These inconvenient truths get in the way of a simple good story that Putin wants to resurrect a new USSR. Simply observe the one-sided headlines from the BBC, Cult-controlled think-tanks, military and history professors given air time to add oxygen and fear to our already depleted and muddied consciousness post COVID-19.

It is very interesting to see how politicians and the media have whipped up support in this and other countries to demonise Putin and hand-clap the Ukrainians. The same 'nudge' tactics used during COVID-19 have once again re-surfaced in this modern-day war effort. Instead of clapping nurses every Thursday evening at 7 o'clock, we must literally, 'wave the flag' for the Ukrainian heroes.

I feel yet again that I bear witness to surreal scenes of societal madness from a Bladerunner movie. One example of this madness is the Western alliance and its media reports of huge convoys of Russian armaments, trucks, tanks, and soldiers. Each day, we were told the Russians are 40 miles from Kiev and one week later, the Russian convoy is 30 miles from

Kiev. Two weeks after that, we are told the Russians are knocking on the door of Kiev and then the story goes cold. The truth is this, if the advancing Russian army convoy is taking a week to move 10 miles, surely, the convoy must be 'sitting ducks' for Ukrainian military and fighter pilots. I always check the BBC and its reporting during these times. I do not watch telly, but I have internet access and I don't think I saw a Ukrainian fighter jet taking down the convoy. What I did see was images of various gangsta-grannies wielding Kalashnikov weapons in defiance of advancing Russian troops. In other words, this war, like all others is a construct of the Cult.

I think this Ukrainian situation is yet another covert jigsaw puzzle from the remnants of Agenda 2030. It is designed to instil fear and anxiety and to pave the way for the destruction of our system of growing food, how we conduct our financial and business activities and to increase the price of everything from food, gas and petrol to clothing. The spin off from all this is of course, scarcity of food, rocketing energy prices and rampant inflation. Part of the Great Reset according to Schwab is that we should be happy owning nothing. The war in the Ukraine is the second volley towards the de-population strategy of Agenda 2030, the first being the SARS COV-2 virus.

In any event, the narrative once again is war, war, war, and they have been doing this for centuries. In situations prior to this, the media springs into action, smear the other side, distort provable facts and after this 'moral panic' is disseminated and internalised by the populace. This gives the Cult politicians legitimacy for any upcoming battles. Truth as always, is the first casualty in war, but once you understands how the Cult works, their DJ spins his record of choice and we jump on the dance floor and jive to the same beats time after time. The Cult employs the same script to hook us in whether it is war, climate change or net zero.

For example, at the beginning of the climate change debate, did you notice how much airtime Greta Thunberg was able to achieve? Did you observe her 'climate change world tour' with one-on-one appearances at the Vatican, European Parliament and Houses of Parliament? The Cult puppet, Zelensky, is doing the same 'world tour' with audiences with the

Pope, Biden, the European Parliament and Houses of Parliament. Zelensky is specifically targeting American audiences to shame the US and western countries i.e., Biden and the EU to start a third world war. Thunberg and Zelensky are nothing more than crisis actors are, they pop up in times of engineered crisis, do their stuff and disappear again. The modus operandi of the Cult is so predictable. Once again, it is the population of the Ukraine that is suffering bloody losses whilst Zelensky strides the world stage asking for weapons of mass destruction so that he can usher in a world of peace! The Cult is playing everyone like a fiddle once again.

The energies of darkness are very toxic to our survival. The dragon bloodlines view war as nothing more than a computer game of conquest and control. The sad fact is Putin, Biden, Johnson, and Macron and all the rest are merely acting out a script they have been told to pursue and each time this happens, we end up as the collateral damage time and time again. I once again argue that the Cult dragon bloodlines are split into gangster factions intent on ruling the entire world. They are the progeny of the lower fourth dimensional entities known as the Annunaki. The royal dragon bloodlines and the hybrids are gofers for what the Annunaki want. The dragon bloodline is currently installed across many countries as Kings, Queens, and Premiers. Putting all that dark stuff to one side, simply observe what is going on with open heart and mind.

The Annunaki energetically feed off the stench of wars, violence, and control. Clearly, as their feeding frenzy dissipated following the collapse of the COVID-19 scam, they had to look elsewhere for their dark energy fix. The same dragon bloodlines involved in the two previous global wars are at it again. The same media barons are, once again, feverishly banging the drums of war within the global population. Everything happening within the Ukraine is cynically orchestrated to induce fear, worry and anxiety. The dragon bloodlines are trying to manoeuvre a third global war! Regardless of all that, this will be a limited and regional scuffle between Europe, US, UK, and Russia.

During the Second World War, atomic bombs were released onto Hiroshima and Nagasaki. When these weapons of mass destruction

detonated their loads, the violence of those acts rippled across many dimensions in ways that I do not fully understand. Regardless of my lack of understanding, the trade-off between technology and spirituality has to be balanced. Atomic power in itself is just that, nothing more than a technology; yet, it is the intent behind its use that initiates peace or war. Towards the end of the Second World War, there was no reason to detonate atomic bombs over those Japanese cities. The real objectives of the Cult in dropping those bombs were to declare to anyone watching both on and off planet, that they had the power and technology to do it.

This time around, however, the use of nuclear weapons will not be permitted. This planet, its inhabitants and almost everything within this third dimensional sphere are getting ready to ascend. Nothing can stop our awakening and out cosmic brothers and sisters will act, if necessary, to defuse atomic weaponry that may interfere with our ascension. From this point on there is nothing to fear from global geopolitical events, although regional political/military instabilities will arise from time to time. The Cult are in their death throes and they are fighting for their lives. For us, it is the beginning of our spiritual evolution, our time to shine. We do not need to comply and obey by buying into this latest fear-fest. Let's just "jaw-jaw" rather than "war-war".

Chapter V: All about the wonderful you

I titled this book, 'all about the wonderful you' and thus far, I have not really scratched the surface of our magnificence. In one sense, I wanted to set the context of whom and what we are as packets of energies, rather than human. There are two competing stories within this book, one dark and one light. We have scratched the surface of the dark energies and in this final chapter, I scratch the surface of who we are, why we are here and to hopefully, uncover some home truths about the wonderful us!

Story 1 is all about an alien race that took over planet Earth and bred with its inhabitants to create a royal dragon bloodline. The dragon hybrid bloodlines have covertly ruled over us since time out of mind. It is not, however, all doom and gloom. In one spiritual sense, we have much to thank the Annunaki. Quite simply, they provided the dark i.e., we can choose to be this or that. The Annunaki race squared the circle between the yin and yang forces of 3D reality. Without their input, the duality between light and dark would be impossible to achieve. In that sense, we owe them a debt of gratitude because without dark, how can there be light and there is no left without right.

Do not judge

The magic of 3D existence is its benevolence provided you do not judge what is going on within a 3D perspective. We can be light or dark and we are always in service to others. In that sense, we are all angels to each other. If your life lesson in this lifetime is forgiveness and you fall victim to someone who rapes you, can you at some stage, forgive that person? Most of us are at the stage of ‘working the puzzle’ of life. In any case, we are all part of Creative Source and as we travel back to the One, we exist as fragments of God-Consciousness. Our purpose, our task, our karma is to simply remember who we are, where we are from and our purpose here in 3D existence. That one paragraph fills me with joy because I understand that ‘we’ always were and always will be. There is only physical death because our soul simply moves back to God-Source. We are never alone because our soul family are tooting for us on both sides of the veil! There is judgement when we transition back to the One, other than oneself

looking back and taking note of every decision made in that past lifetime. We decide whether to 'rinse-repeat' our many incarnations both here and in other dimensions, all of which occurs simultaneously. The joy in life is its journey back to the One, not its destination. In that sense, we arrived at our destination before starting our journey. Our Native American Red-skinned brothers and sisters and dark-skinned Aborigines of Australia understand all of this, which is why they hold life itself as 'sacred ground'. This is not about woo-woo, it's trying to describe a 'third language' or bridge between 3D reality and our multidimensional selves using the energies within words, grammar and context.

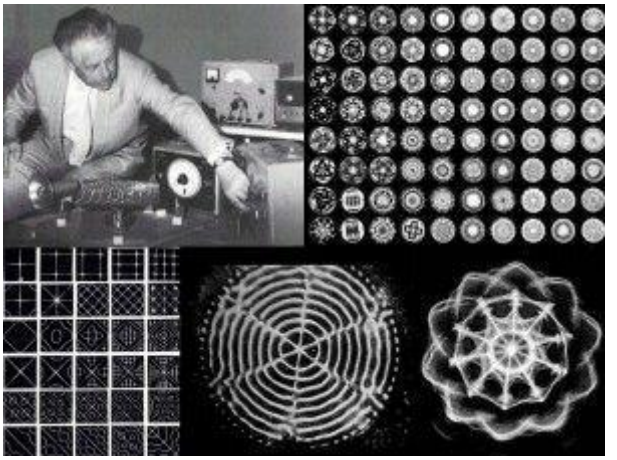
Story II is all about the wonderful us and how our consciousness, was hijacked by an alien race so that we exist within a programme like the reality of the Wachowski Brothers film, the Matrix. I have spoken enough about the characteristics of the royal dragon bloodline and now focus on some little-known attributes of our existence both in and outside the Matrix. I feel it opportune to peel back some of the layers of our magnificent selves and the remainder of this book will focus on lots of esoteric stuff that has always been available, yet the dots never really connected simply because many of us unknowingly, allow our consciousness i.e., spiritual sovereignty to be fragmented via dark forces or ego.

A breath of fresh air: Maajid Nawaz

Before I get into the meat of this book, I give credit where it is due. I must shout out Maajid Nawaz who blazed a trail of light during his weekend radio shows when he was a presenter on LBC. Maajid Nawaz was a trail-blaze of sunshine in the British media, and he regularly shed truth-bombs on many aspects of the Cult control tactics. He is supremely logical, evidence-driven, evidence-based, and rational. I don't think I ever heard him discuss what are commonly called 'conspiracy theories', he just followed what was going on without prejudice. He was the only radio presenter in the UK to mention voting irregularities, particularly postal ballot voting in the last Trump/Biden presidential election. He is a real journalist, hungry for truth and he paid the price for his truth seeking by being sacked. He is also double-jabbed and cannot be defined as an 'anti-vaxxer'. It was a real pleasure to listen to unbiased, truthful, no-agenda reporting on his Saturday and Sunday afternoon shows. His star is too bright to be dimmed by antics of the Cult-controlled LBC. I envisage him doing his work in a similar fashion to Joe Rogan with viewers willing to pay to watch his podcasts. Maajid must have total editorial control over his content and with that, the listeners and viewers will roll in to set him up for even better things. What a geezer!

What follows is a discussion of seemingly magical attributes within life. I focus briefly on an assortment of third dimensional constructs that allow the impossible i.e., activation of our 3D, five senses to be achieved in every second of each day. It is all about magnetism, sound, frequency, vibration, and sacred geometry. These 3D vibrational constructs were gifted from higher dimensions. I briefly unpack some of it to remind us of where we come from and what we do as we consciously create by the second, everything we experience in this dimension. In other words, we exist in many different dimensions, simultaneously. We are multidimensional by nature, even though we appear to be locked into a linear 3D reality of past, present, and future outcomes. What follows is a description of the Mathematics of our Universe and we effortlessly de-code all of without thinking.

Our majestic selves



Hans Jenny, pioneer of Cymatics, the study of sound on shape and form

Humanity is at a point of ascension, and everything is frenetically changing. The process of ascension can be defined as an increase in our vibrational frequencies. Everything in our universe is energy in motion. Rocks have energy frequencies that vibrate differently to trees, as trees to

cats as cats to dogs. Everything of matter in this universe has its unique and resonant energy signature. This unique frequency defines its shape, form, and purpose.

Back in the 1960s, Hans Jenny placed grains of sand on a thin stretched membrane like a hand drum and applied different sound frequencies to one edge of the membrane. The sand particles aligned themselves into different shapes based on sound frequency. The image on the left illustrates differences in shapes and patterns of loose material placed on a flat board subject to different sound frequencies. Significantly, the concept of Cymatics tells us that matter itself is kept in place based on a specific frequency or set of frequencies acting in unison. In other words, sound frequencies enable our world to reproduce itself every morning just as soon as we wake up and 'login' to our matrix.

The Sirian High Council tell us that dolphins and whales are keepers of the frequencies and when their music is no longer heard, the seas will become raging torrents across the globe. We, human beings, are also packets of energy slowed down and we have within us that special kick of creation, God-Consciousness. In other words, our potential within the third dimension is without limit, yet we need to understand ourselves as true creators of reality before we can use our superpowers. As we think, so we create, so we become!

Whether you deem yourself spiritual or not is unimportant to the process. Whether you understand the difference between a chakra and a chandelier is also immaterial; the process will continue because you are that process. As an analogy, you can have two human beings, one clairsentient and the other intent on amassing power, prestige, money, and the latest must-haves. The only difference between the two beings is their vibrational frequencies. They are the same yet on different paths having different purposes. Gurus and shamans who sense the energies of the Cosmos are no more wonderful or amazing than Mr and Mrs Smith of Arizona. The only difference between each of us is our unique vibratory frequency. That explains why I find some things hard whilst others simply sail through it. Everything is about energies and Tesla was right, if you understand,

frequency, vibration and energy, life opens itself up for investigation, magic, awe and wonder.

In one sense, life in the third dimension can be viewed as a school of experiential adventures. Yet the sole truth of our time here is that we returned from our journey even before we began. We already know all there is to know but we just need to remember them! The point to remember is that everything from a speck of dust to a 16th dimensional entity are connected back to the One, of God-Consciousness. The purpose of life is to understand ourselves as we journey back to the One. Shakespeare summed this up well in his play Hamlet, "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy". A simple analogy of our journey back to the One is to say that we are actors in a play and the world is indeed a stage. The actors, stagehands and audience all have the same face as you or me and differ only by role and clothes. These dramas are allowed to continue until a point of illumination is achieved. To be precise, after a period of 25,925 years, a cull occurs, and individual and/or planetary-wide ascension begins. Some of this year's graduates evolve to new pastures whilst others stay and re-take the same 'year'. In other words, it is a time of evolution and our graduation ball into the higher dimensions is imminent.

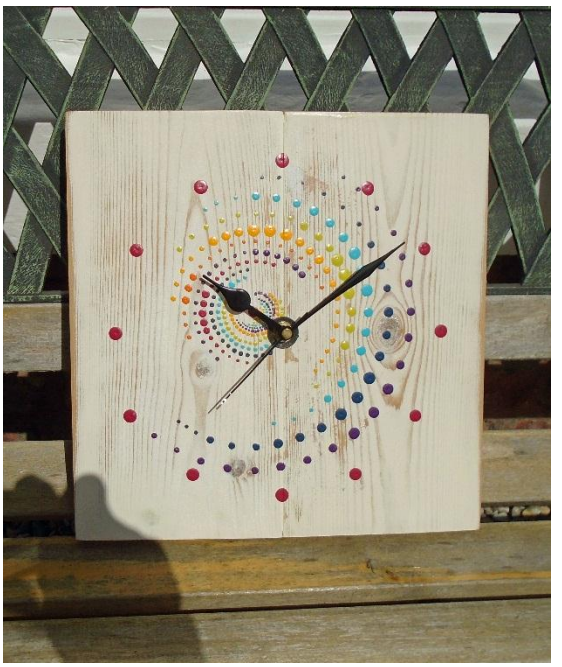
End Cycle, Precession of the Equinoxes

The Precession of the Equinoxes ended 21 December 2012. Since that time, planet Earth has moved into an area of space we have never been in before. This space is called the Photon Belt and home to high-energy gamma rays and exotic, 'mysterious' energies. The energies are powerful and illuminating because we are approaching line of sight to our Great Central Sun. Our Great Central Sun is not the same body we greet each morning and bask in its waves this one is far, far distant. Gaia has never been in this patch of space before. As we get closer to the centre of the universe, we are bathed in energies of multidimensional splendour. These energies illuminate us to our core and catalyse our awakening states. We are getting ready to dance our way through the dimensions. Our celestial sun, Gaia and all the planets are also getting ready for their graduation ball – they too will be ascending. Within a precise geometric and cosmic time

frame, our planet, Gaia, will pass through the astral chords of Ra. Thus, as Ra ascends, it itself pulls everything with it.

Our Great Central Sun is what modern science would call a black hole, but it is much more than that. Imagine a disk which breathes matter in and breathes matter out. Our Great Central Sun is, in fact, the centre of creation. It is the source of everything physical and multidimensional within the Cosmos and, us. Nothing escapes this disk once close to its orbit. Our planetary ascension will be a third dimensional black-tie event only. Thus, the Cult bloodlines and many of their hybrids who slither backwards and forwards between the third and fourth dimensions, will find themselves elsewhere when we ascend. The ascension is all about an increase in our vibrational frequency. This celestial event is of the heart and absolutely nothing to do with intellect, status, or power. The ascension is a graduation ball for the billions of old souls who have reincarnated onto this planet time and time again.

Time flies or not!



The Fibonacci Growth Spiral, Touchwood Products (UK)

Following the end of 2012, the energies of the planet changed and so did we. Significantly, our perceptions of time altered, which is a major step in our awakening. Time itself is an illusion and the more we let go of its concepts, the easier it is to awaken. We cannot ascend if we are still slaves to the clock tower. Time represents an essential pillar of third dimensional linear thinking of past, present, and future. We have moved beyond the pillars and constructs of this reality yet many of us are still following the same template of consciousness we are used to. This old template of consciousness grounds us to a familiar linear consciousness of being born, growing up, raising a family, working till we drop or growing old and finally, popping our clogs. Our lives are mapped out before us with an almost iron fist, subconscious consciousness of a past, present and future timeline. Time, however, is simply a construct of our consciousness. It is precisely these thoughts, that tether us firmly within this third dimension.

Our notions of time allow us to subconsciously and so very naturally, embed ourselves within a social milieu of our reality within conceptual folds of 'space-time'. Simply put, we do not give time a second thought because it is there *all the time*! Every thought we have embeds itself effortlessly somewhere within our time-in-a-line consciousness, hence existence. Time, however, is 'flexible' depending on where our consciousness is at that moment. Two minutes in a dentist's chair feels long and two hours doing what you like doing can at 'times' seem like two minutes!

Therefore, there is a consciousness linkup between our notions of time and what we are doing in that moment. *Therein lies a great secret of life*. What we think about, we create, or we can also say that reality follows thought. For example, some individuals think about the aging process from a very early age and well before their 'time', develop the lines and wrinkles of old age. Lots of individuals who do not give aging a second thought and remain wrinkle-free for much longer periods of their life. No-one remains wrinkle free throughout their life because the aging process is coded into our DNA from birth. At some stage of our existence, the aging process simply kicks in. That is why you can look into the eyes of someone and feel whether they are present in that moment or not. I equate someone with 'twinkly eyes' as being in the moment. If we dis-engage from 3D concepts

of time, it literally changes everything we thought we knew about anything because once we lose the shackles of time, we begin to engage our multidimensional selves.

From a wider perspective, everything that has happened, or might happen is happening right now, in this instant. As we meander within our journey back to the One, we will at some stage, see all of this very clearly. Time as we know it whilst in a 3D body is real to us but from a higher dimensional perspective, there is neither past nor future – there is just the eternal moment of now! Time is all to do with consciousness. It is very difficult to get our heads around the notion of time because the linearity of time flows into us through an osmotic spell! Notions of past, present and future follow us from cradle to grave, regardless of our material wealth, education or how we actually define ourselves as being black, white, yellow or red, gay, straight, this or that.

Yet, from ‘time’ to ‘time’ and due to all sorts of different reasons, we are able to live outside ‘time’. Ask anyone who has undergone a spiritual awakening and they will tell you that there is much more going on within life than previously thought. As you awaken to greater vistas of yourself, you glimpse your other lives in other dimensions in a fantasia of sounds, sights and feelings. That is one of the reasons many individuals going through a spiritual awakening, experience a ‘dark night of the soul’. When your constructs of time simply slip away, you lose sight of everything familiar in your life because you have nothing to relate to. It’s a wild journey and an even wilder ride because we have no language or experience to compare it with. Citizens of Tibet, India and China will understand what I am trying to say because they have a very rich history of individuals able to describe their awakening journeys. It is much more difficult to get any of this across in Western societies because until recently spiritual awakenings were sporadic and relatively rare.

We also escape the confines of time when we simply enjoy doing what we are doing whether it is listening to music, drawing, eating our favourite food, spending time with a loved one or playing our favourite sport. When that happens, we canter effortlessly into a 'Now' moment to experience the true reality. A ‘Now’ moment exists within a multidimensional state

devoid of past and future. The moment of Now is a magical place and it simply awaits our command. All of us can access the moment of Now and if we do it consciously from a position of gratitude, the Cosmos opens up her secrets to a joyful and happy life. My unspoken and one unthinking aim in every second of every day is to be happy in what I am doing. I find it difficult some days, impossible in others yet the key is to remain open to living a happy life. The whole point of these 'times' is that as a species we are transitioning between this third dimensional reality to a more transparent fifth dimensional existence. As that happens, we experience shocks to the system and blocks to feelings and understanding. That is how it should be in a world of duality in which choice and thought determine the calibre and happiness of our existence. A full treatment of 'time' and its chameleon nature can be found in Eckhart Tolle's book called, The Power of Now. Final thought on time, the saying, time flies when you are enjoying yourself is true because you are in the moment. Many of us are awakening and as we do, our vibratory rate of frequency is getting higher. The higher our vibrational frequency, the more we move away from notions of time. Many individuals now feel time is speeding up and everything is happening so fast. Time as we feel it, does not exist and is a construct of 3D reality. What is happening is our *perception* of time is changing because we are evolving and moving upwards in frequency.It is *we*, who are changing not that old chameleon of 3D, time.

Three stranded DNA

One of the biggest secrets of our third dimensional existence is found and encoded within the strands of our DNA, specifically, our so-called 'junk DNA. Medical science has nothing to say about our junk DNA but from a spiritual perspective, it is everything. Our lineage and experiences across many different dimensions are held together in a multidimensional broth of energies within and around our so-called 'junk' DNA. Our junk DNA begins to un-ravel and becomes activated as the magnetics of the planet change and due to Cosmic energies from our Great Central Sun.

Cosmic energies are beginning to re-arrange those portions of our junk DNA. It is within the interstices of our junk DNA that our majesty and multidimensionality is located. The first step in our awakening is a

triangulation of our DNA strands and the spiritual magic catalyses our upward journey.

Initially, the human body was designed to last hundreds of years, yet our lifespan is much less than 100 years. The coming years will give opportunity to billions of people to awaken and as the veil slips away from our consciousness, we begin the baby steps of our evolution to much happier and brighter times. Everything about us will change including the ability for self-healing and undreamt-of longevity of body. The point of life is to experience exactly what we came here to experience and is nothing to do with living for ever!

As we increase in frequency and lose sight of linear frames of time, we see beyond the five senses and begin to understand that there is no past or future, just the eternal moment of now. When we lose track of time, we experience life authentically. In many respects, we can perceive many aspects of our existence as a computer programme, just like in the Matrix film. Now is the time to observe life playing itself out and to connect the dots of our existence. Everything that is occurring now is happening for a reason, we must decipher these events to trace their origin and decide whether these events were created by us or by someone else. By necessity, we must firstly recognise the constructs of this dimension before we allow in a new template of consciousness!

Events surrounding COVID-19 have offered amazing opportunities to observe the real world of covert politics, covert religion, covert entertainment, fashion, music and much more. It is based on a set of constructs of this dimension, which essentially is based on choice. The reality is this, we have no need to balance the anomaly i.e., its equation because we are the equation. The point is to re-member. It is time to rewrite the programming behind the Matrix and let it all quietly dissolve behind us. In doing so, we walk back our power and reclaim our spiritual sovereignty. In this final part of our journey out of third dimensional reality to fifth dimensional consciousness, our awakening will offer many choices and paths. Take heart, buckle up, be authentic and trust yourself and the process you find yourself in. The path you are on is the one for you. These ‘times’ represent quantum jumps in consciousness, well

beyond the fifth dimension. This is because not everyone in body now is of the broth of homo sapiens. Many of our brother and sister off-planet races are also part of the Ascension process and they are here helping us through the whole she-bang. It is indeed a hero's journey.

Our spiritual journey

This next phase of our awakening is slowly shifting into shape amidst a swirl of energetic resonances – everything is changing. Relationships, jobs, friendships and almost everything associated with being human will bring up issues to be faced and resolved. The times of countless reincarnations, learning/experiencing all there is to know about life, love, sorrow, etc. is finally over. Some of these issues have been on going, for countless lives. Now is the time to resolve all of that, finish our exam paper and walk through the door to the graduation hall. At this time of our ascension, we are getting much help from our soul family, guides, and Higher Self. We are not alone, and our support group is a collective of many energies that intimately know and understand us. Our Higher Self knows what we came here to do, and its quiet voice gently urges us to take this or that path. Now is a good time to reflect on that first whisper, that inner knowing that never gives up on us, regardless how we ignore It. Our Higher Self is asking us to be authentic. When that opportunity presents itself, we will understand everything and then stand back in awe at our beautiful and wonderful selves. It really is all about you!!

One of the biggest secrets that slap us in the face when we awaken is the huge concept that we are really, big, despite previously thinking inside the box of a 'little me'. Other star races call us the dreamers for good reason. We dream everything into being. We have this creative power in which we consciously create worlds and our realities. For aeons of our existence, we have subconsciously created realities based on an incomplete understanding of our creative powers.

Think about the chain of thoughts that put you in fear that this or that may happen? The thing you think about the most, the one thought with the most energy that you re-visit in your head, time and time again, magically manifests in front of your eyes. As you think, so you become. When you have thoughts of being old, infirm, and unloved, you create that vision of yourself and hey-presto, wrinkles appear and friends disappear, just like that!

It is not all doom and gloom though because once we understand how to consciously create, magic happens. For example, you drive to a town you have not visited before. You have a very important meeting, and you mustn't be late! You find the car park and it's full. Just as the mist of doom descends over everything, you suddenly think about someone leaving the carpark and at that precise moment, voila, your 'parking angel' appears! This happens a lot and each time it happens you think it is all down to luck or probability. There is, however, a process behind the appearance of our 'parking angels' and what will really shake your booties is you had a prior agreement with that person to be right there at that specific time in that car park! For much of the time, we are in service others and, ourselves as well. Everything is connected and we are connected to each other and everything else. This is how stuff really works. Whilst in body, we rarely see, feel, and understand the bigger picture!

Thought begets creation; it is that simple. Whatever we focus on, think about, agonise over, or fill our minds with, is eventually created. The energy of thoughts goes into the ethers and eventually those thoughts are powerful enough to crystallise a reality. We therefore possess mystical and super-hero powers. The first step in our awakening is to realise we are much bigger than we thought and understand we can become conscious

creators of everything we experience. Thus, the old saying ‘be careful what you wish for’ is not idle prose; it is a clue to our powers. Simply put, be yourself, stay in the moment and visualise an experience or reality before it manifests. Just like the genie in the bottle, the Cosmos obeys our every command, provided it is said with clarity and intent.

Our vibratory frequencies have increased and as a result, the interval between thought and manifestation is blindingly quick. If we understand this aspect of ourselves and how we initiate change, we can sail through any event and see it as nothing more than an adventure. That said, however, if we adopt the 'little me’ complex, most of the stuff we experience appears to be well beyond our control. When we entrap ourselves in that corner of consciousness, we become slaves to that sub-programme of our reality Matrix.

One of the biggest hurdles many people have faced during the past two years is fear: fear of sickness, fear of death and fear of uncertainty. As we experience those fears, we seriously consider questions of immortality and the nature of Life: who am I and what is all this about? These ever-eternal questions may lead us to ideas around death and dying. There is a lot to be said about death but simply, there is nothing to fear in death because it is simply the beginning of the next part of our journey back to the One. At the point of death, we look back once at our bag of bones and forget it all as we bask in the white light that illuminates our homecoming. As we step across to the 'other side,' we understand everything about the reasons for our recent journey and become surrounded with the familiar energies of family. Concurrently, our friends and family, in the third dimension, however, will mourn our passing, and this is appropriate and a natural human process that has played itself out, across the sands of time.

It is a truism that to fully understand the world, we must first, fully understand ourselves. All the gifts of spiritual enlightenment are here, now, in this instant, just waiting for our command. Simply internalise and repeat these simple words, “dear spirit, please show me that which I need to know”. This is a message to your Higher Self that you are ready to go to the next level. When these words are said with clarity and intent, events

unfold within our lives, and we are able to square the circle and emerge as a butterfly from its chrysalis – nothing more need be said.

Say hello to your Higher Self

There is currently an influx of Cosmic energies that are blazing a trail of light throughout our consciousness and these energies are lifting the veil. As the veil around our consciousness begins to lift, we notice that which has always been there. It is mostly ignored, misunderstood and/or shouted down by mind chatter. It is very bright yet has a quiet voice. It offers barely heard whispers and stirrings of a new dawn to attract your attention. It must work hard in the background of our consciousness because the mind never stops to take a breath and as a result, we become victims to the chatter of the mind. The mind thinks it is all powerful, a maestro and commander of the fleet. It listens to no-one and brooks no interference to its reign. The mind represents reason and logic and supremely fitted to a third dimensional reality. The mind remembers every situation we have faced since birth and always proposes a course of action to any event, even before we draw breath. It loves the limelight and always takes centre stage. The mind is a wonderful machine which serves us well in fight or flight conditions and as we age through the years and accrue even more life experiences, our mind automatically calls the shots to action. It wants to control every aspect and fibre of our being. Simply put, most of us live in a 'cart-before-the-horse' existence and we just need to put *mind* in its rightful place. Those who attempted meditation and failed to quell the mind chatter will understand exactly what I mean. The jumping off point for any meditation is when mind is firmly put in its place. We do this by focussing on one single point or item and simply going within. As we exit the busy motorways of mind chatter into a vista of silence, we can draw breath and re-connect back into the Cosmos and our Higher Self.

A nice meditation is when you can finally acknowledge that part of you that lives on the other side of the veil which also has your face and visage. As the din, confusion and mind chatter recedes into the background, you are embraced by family and tightly held in an energetic embrace from your Higher Self! It is during these times that we put the horse before the cart and able to steer a course based on spiritual sovereignty. It is only

then can we truly connect back to the Cosmos via our Higher Self. Incidentally, our Higher Self has the same face and visage as you because they share the same energies, albeit in 'diluted' form as we traverse the third dimension.

In any situation of significance and you are undecided on what to do, quiet any mind chatter and go within and listen. The gentle stirrings of 'first thoughts' emanate from our Higher Self. Our Higher Self is the authentic I-Am. It is our first thought on anything, and it comes through our consciousness before we have time to process a response mind. Our mind is an amazing experiential computer, the more we experience the same or similar experiences, the quicker its response in telling us what to do and how to do it. That is what it was designed to do yet, it has to know its place. Our mind always feels the worst of any situation and it is always in fight-flight mode. Let go and let God should be our motto for the day. In other words, allow your heart to rule, rather than your head.

A second step of this new relationship between our transitional 3D self and our Higher Self is to keep it going. It is high time to build that relationship between yourself and yourself! Ask yourself with clarity and intent, central questions of your existence such as, who am I really, and what is my life purpose? Throw away any mind-baggage and wait for the answers to appear. Be prepared to read those answers on a t-shirt, a book title, a TV ad or a taxi advertisement. Engage with the language and symbols of the Universe for they will set you free. Experience real freedom when we allow our exterior world to appear as it always does, but this time we experience it differently. As we let go of all expectations within our life, a door opens and as we pass through it, life appears the same, yet feels very different. Time loses its order and we let go of past and future musings to experience that eternal moment of Now. By staying in the present, we do not dilute our self in the past or into the future. That is freedom; that is the authentic you, smiling at you!

A very simple experiment you can carry out within yourself is to take a random hour of daily activities and thoughts and divide all thoughts and actions into past, present, and future. How much 'time' is spent on the past, present and future? What type of thoughts exemplify each 'time'

state? Are you more into the future, past or present? What sorts of memories does the past bring up? Are they happy, sad, rosy, and full of joy? What types of thoughts do you have for the future? Are they based on what must be done next week at 11 o'clock in the morning in a different country with a different language or are these thoughts based on fear or apprehension?

It is perfectly normal to think and plan in relation to something that you need to do. This is where mind excels, and it will ensure you are ready for almost every event. If on the other hand, you are fearful that this or that may happen, you manifest that very experience sooner rather than later. An example of how we can project ourselves into the future and close what is happening in the present. Susan just broke up with her partner (past event) and goes through life unable to love someone else because she thinks being in love (future event) somehow makes her 'vulnerable' and any love-relationship is something to be avoided. A catch-22 situation then exists within her love life because (present moments) she is scared to engage, share and be with someone for who she is. These types of issues can spiral downwards where she thinks she is not attractive enough or too this and too that. Pretty soon, Susan shuts off her heart space and lives from her head space. Susan eventually spirals into a low emotional state.

What happened in the past and what happens in the future are mostly products of mind. They are thoughts which manifest probable realities because *thought begets creation*. If we put a lot of thought and invest much energy in scenario A or B, it will manifest because we are powerful creators of our reality. We create everything in life we experience even if we 'think' that statement is total nonsense. Every thought that dwells in the past or is projected into the future is a dilution of the wonderful moment of Now! When we live in the present moment, we are truly free to create that which we want to experience. As we awaken from our spiritual slumber, notions of past and future will lose their potency and it is at that stage that we truly begin to experience life as a fifth dimensional light being. Time will simply be seen as a chameleon-type dimensional construct of 3D reality which is now legacy.

Everything and everyone in our lives has a message to bring or to simply to help us through an issue. Every single person we meet and every single challenge we face, has an energetic outcome. Even if we do not know the difference between a chakra and a chandelier, we act as a spiritual catalyst in someone else's life. In that sense, everyone we meet in our life is an angel as you are to them! That is the setup we arrive in every time we choose to re-incarnate. That is why we cannot say this is good or this bad whilst in 3D reality. We do not have the full picture of Cosmic events and their effects on our everyday realities! That is also why we sometimes feel stuck in our body because we are not quite sure what we are supposed to be doing, i.e., what is my purpose. Our spiritual tools are here waiting to be used, simply state with clarity and intent, "dear Spirit, please show me that which I need to know". Your plea will be answered and perhaps, not in the way you expect i.e., expect the unexpected!

Sometimes we re-incarnate to help someone through an experience that individual really wants to experientially understand and finally resolve. For example, the woman who always seems to attract the wrong type of abusive and dominating lover. In the next lifetime of that woman, you oblige her request once more as you incarnate the dark energies of an abuser, and the woman once again goes through that experience. This time around, however, she finds her power, activates her throat chakra fully, stands up for herself, forgives the abuser because she understands he was once abused and leaves him. The next person in her love life, loves her for who she is. That particular re-incarnational experience is resolved and when she dies and, in that place, where the next life challenges are sought, she understands perfectly the lives she expended learning that particular experience.

In other words, whilst in 3D reality, we see and experience only part of the picture. The experiences she wanted to experientially understand were forgiveness and to fully understand what body and mind sovereignty means. In this life scenario there is both good and bad in the storyline as it plays out within 3D. If we look beyond 3D and view it from a higher perspective, there is no bad or good, simply service to each other in understanding an aspect of duality within a 3D theatre. Another way to look at this is to say that there absolutely no redundancy in what happens

on a planet of free choice. If there was no duality on this planet, the opportunities to experience all there is to experience i.e., dark, light and everything in-between would be minimal at best.

As we go ever deeper into our journey back to the One, we connect a few dots and peel away the onion layers that surround the mysteries of life to discover, (a) we are splinters of God-Source, (b) we incarnate as many times as we desire, (c) everything in our life was brought to us, through us, by us, for us (d) there are no victims in all that we have done, (e) we are not our body, it is merely a vehicle for us to exist within this dimension (f) there is no judgement, only us reflecting on us and (g) we are immortal. We decide whether we want to move onto something else or perhaps another planet, another reality, another set of experiential adventures. I am in love with planet Earth, Gaia and I guess I will be coming back here to better understand what it means to be a caring, sharing human being in times of trouble, adversary and wonder – there are so many experiences available which is why there is no end to life, it just gets bigger and better

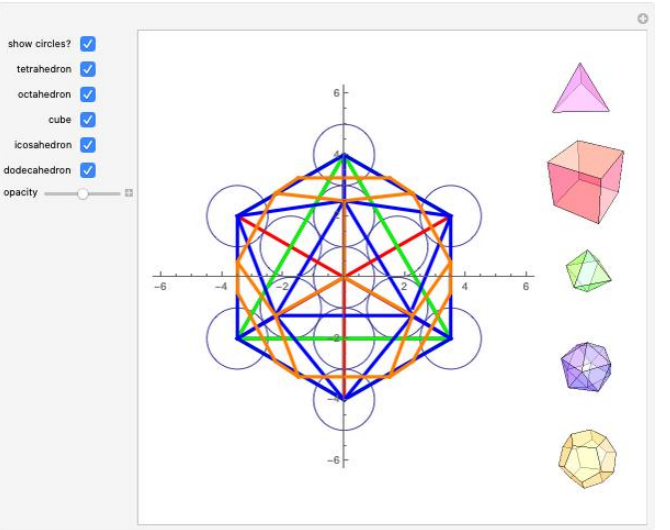
Death is birth, long live death!

Our notions of death and what happens at its apex, what happens after and all the rest of it are due for a complete overhaul. I liken my existence to a cycle of birth/death, birth/death until such a time that I fully understand myself. We come into each existence with a cast of thousands who we meet at the designated times, places, and situations. These happenings can be one second or one lifetime affairs. We also have a 'pit crew' who look after us, ensure everything for our journey is in place and in their own very quiet way, offer succour and encouragement. These energies reside on the other side of the veil. They cannot interfere in our journey by saying do this or that, they just are. These special energies, however, are you on the other side of the veil and they know you, much better than you know yourself.

As we travel down our mother' birth canal, take our first breath, we are imprinted with the energies of that time and place. We always whoop on our return to Earth and could our first cry be interpreted as, "I'm back"!

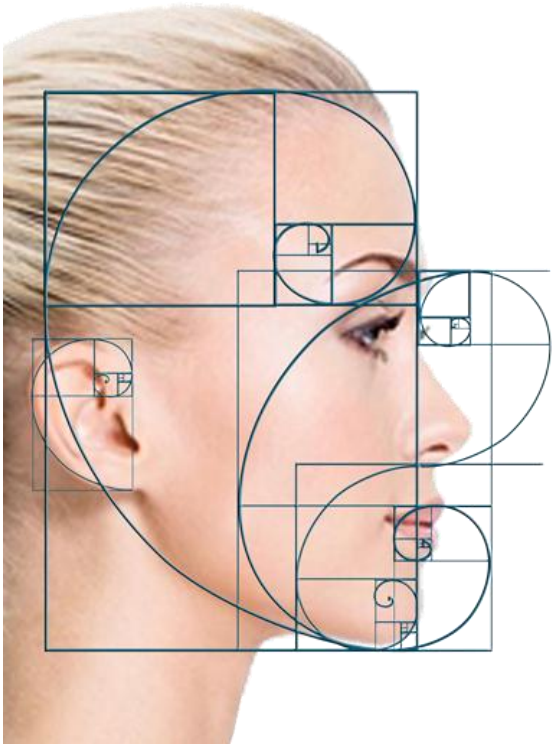
The analogy of the seasons is useful in deciphering the codices and passage of our existence. We experience autumn, winter, spring, and summer each year of our existence. Each season has its charms and magic. It is cyclical in nature and in perfect order. Each season is the same as the last, just slightly different in terms of how we experience it. If we take our entire lifetime as one cycle, we easily realise we live through a spring, summer. Autumn and eventual death, winter. In that sense, everything has its birth, growth, and decay cycles, even the stars and galaxies. The next layer of the onion of 3D is to glimpse a little bit of the Creative Source's hand in formulating the mathematics of Life.

Sacred Geometry



As a student and research scientist at Imperial College, I had access to some pretty amazing analytical equipment during my environmental science studies. I would prepare my soil samples by sieving about half a gram of soil to exclude the bigger soil particles. A small portion, probably about 5% of what was left was dusted onto a sample holder having a sticky surface. When I presented my sample to the electron microscope and peered down the viewer, I was astonished by what I saw because the organisation and pattern of soil particles on my sample dish looked exactly like an image of the moon's surface or something from the clumped desert sands of Egypt. In other words, even in the random-ness in the ways I prepared my sample holder, the soil particles arranged themselves in a particular way. It does not sound much but at the time, it was an 'aha' moment. From this I deduced there is order in how stuff is arranged, regardless of its size, simplicity, or complexity. Following this revelation, I observed the same distributions of matter, wherever I looked, and over a period of 18 months I analysed thousands of samples, each a similar organisational fingerprint within space. A few years later, I really got into the ins and outs of sacred geometry after attending a couple of Pat Cori's workshops and life was never the same again.

Golden Mean proportions of the human face

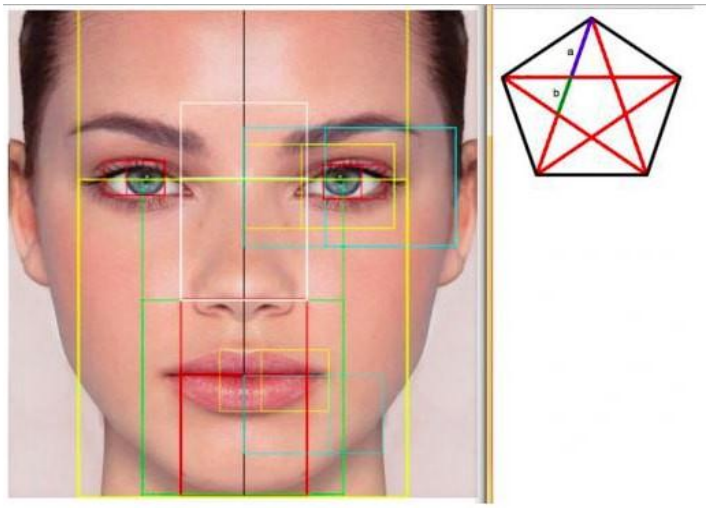


For instance, we are coded to recognise beauty in anything defined by the length to width number ratio of 1.618:1 This number is called all sorts of different names i.e., the Golden Ratio, Golden Mean or my favourite, the Golden Rectangle. What is so amazing about this ratio is the fact that proportions outside this ratio, look odd. Not just odd, it really jumps out that something is, matter out of place. Everything within a human face and body from the length and width of the eye or the proportion of the arm in relation to the body has exactly, this ratio of 1.618:1. The same is true for animals, flowers, and trees. In fact, the Golden Mean appears as a mathematical constant of organisational form and space within anything that grows organically.

The Golden Rectangle has practical use, especially to those heavily invested in their looks. Cosmetic surgery must be an answer to a prayer. That nose job, lips and buttocks lift or pad, folks have a choice on it looks. That 'just so' shape could make all the difference to life – or could it? If

the cosmetic surgeon truly understands the codex of the Golden Rectangle, it simply means that Botox lip job and bigger bum will upset the ratio of divine beauty. There is a ratio of beauty between the width and length of your lips relative to each other and to your jawline. When you break the codex of the Golden Ratio by altering, say, the thickness of your lips and leaving the length of the lips the same, you disrupt the Golden Mean. When this happens, the very thing you thought was going to make you look pretty, jumps out to the observer as something being 'not quite right'. Look at the image below because it details a before and after of lip augmentation. To stay within the scope of the Golden Mean, the face with the augmented lips must satisfy the golden mean between the length and width of lips and at the same time, the distance of the centre of the lip to the jawline. Even when they use a beautiful model with nice cheek and jawbones, the augmented lips look artificial and out of place.

The codex of what we subconsciously identify as beauty is built into our DNA and we just know whether something is normal or not. It is pointless to change one part of the face i.e., juiciness of the lips because the lips themselves also form part of the Golden Mean to other aspects of the face line. Everything is in proportion to everything else. Look at the image below.



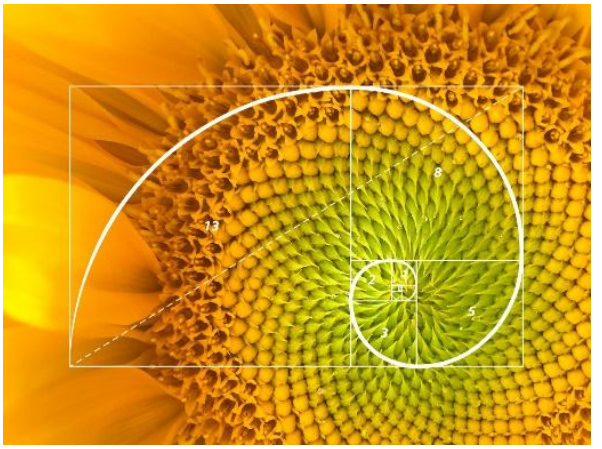
In situations like this and especially if you want to physically change something about yourself, simply say, I am the most perfect perfection and most desirable version of me that I-AM. Quite simply, it is impossible to improve on perfection. Plastic surgeons should know all about the Golden Mean because any alterations to your face or body should stay within the same proportionality of the Golden Rectangle. There are many examples of lip and other augmentations of the body that are pedalled as something desirable by celebrities and other types of social influencers and some of these augmentations become extreme. I define 'extreme' as something that is outside our internally-code for beauty' Golden Mean. There is a lot of money being made in this genre of beauty/cosmetic surgery. Clearly, any surgery which does not fit within the mathematical precision of the Golden Mean, makes things worse. That said, cosmetic surgery does have its uses and it is more related to those having a genetic disposition to disfigurement or those scarred in car accidents etc. For the normal Joe and Joan, it is throwing money away. The Golden Mean is all around us and in everything we se and do. It is impossible to improve on beauty or perfection; the Golden Mean signifies both!

Look at the beauty and symmetry of a flower and fall in love. Look at the beauty of a face that corresponds to the Golden Mean and, you fall in love. We do this all day and every day. When we look into the eyes of our beloved, we cannot help but kiss her /him. Why is this? Our eyes reflect

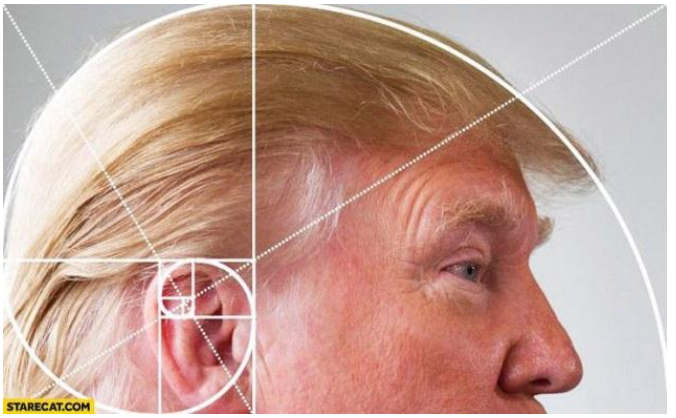
our soul and in concert with the design parameters of the Golden Mean, we cannot help but fall in love!

The Golden Ratio of 1.618:1 is derived from the Fibonacci sequence of numbers i.e.,0, 1, 2, 3, 5, 8, 13 etc. If we look at the pattern in the numbers and want to know what is next, add the last number to the previous one i.e., the next number after 13 is 13 + 8 = 21. The Fibonacci sequence of numbers is also known as a 'growth spiral i.e., it defines the organisational space as we grow from baby to adult or seed to flower. The growth spiral is found everywhere in Nature, in our faces, barometric pressure systems and the Cosmos itself. The growth spiral inherent within the Fibonacci sequence is highlighted below. The flower below has the same organisational parameters as us and everything else.

Golden mean and Fibonacci spiral within the symmetry of a flower



Regardless of the size of the object, the Golden Mean holds true, provided it has not been altered artificially. Look at the Golden Rectangle inherent in the shape of Donald Trump's ear. Every aspect of our growth cycle is proportional to itself, through time and in every directionof growth and organisational form.



Thus, the Fibonacci sequence of numbers is a physical growth construct of this universe and when you begin to look around, you find it everywhere. You can for example and in order to appeal to everyone, design car bodies on this principle and one of the most amazing examples of the Golden Rectangle and its growth spiral is found within a Nautilus shell.

The beauty and flow of energy in this image is simply amazing.

What about a common or garden plant? Looking at images like this can 'space you out' but no worries, it is you recognising something that is also inside of and integral to you.

The Golden Ratio is programmed within our DNA coding and represents part of our human-ness and it was designed as a benevolent system in which to recognise that beauty is all around us and that we are also included within this tapestry of love. Once we become aware of the Golden Mean and understand what it means, it simply elicits, wow or amazement each time we encounter it. If you have always loved the shape of certain flowers, the Golden Mean is probably one of those reasons why they got your attention!

The patterns of life inherent in Golden Rectangle is reproducible proof of the hand of Creative Source – or is it? That question is another layer of the onion I want to discuss next because the design of everything, anywhere was helped into creation by, none other than us! That is because we are light-splintered fragments of God-Source and thus, part of the Creative Process. Fifteen hundred years ago, I would be burned at the stake and labelled a heretic for saying such things but it was as true in those bygone days as it is today.

Our lineage back to Source, is the greatest story, rarely told, yet the day is dawning when it becomes common knowledge that everything is dependent and inter-related to everything else because we are All One and we originate from one star-seeded template.

The next couple of years are going to change everything we ever thought about anything. Change under these conditions will be swift and game changing. Change is something we will need to get used to. Our perspective on environmentalism will radically shift because the Cult will no longer have the power to extract anything out of the Earth and we will need to think about ecologically caring ways in which to live as One with our environment. This will entail clarity of thinking and shared ways in decision making.

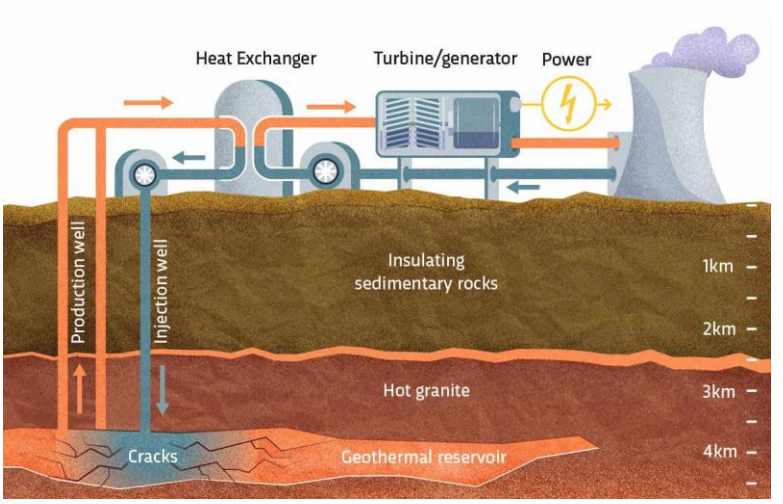
The Kryon.com has some interesting information on both new and old ways to generate electrical energy and heat, (1) a series of magnets can be positioned in such a way that the magnetic currents induce a push-pull motion on a small turbine. These electromagnetic forces will generate a spinning motion on the shaft. The spinning shaft is connected to a turbine which produces electricity to power devices. The magnetised turbine can be scaled up or down i.e., it can power a hand watch or generate enough electricity to feed a small electrical sub-station. This is an example of a local solution to cure a local problem. Imagine a perpetual motion machine based on magnetism, endlessly scalable and capable of generating electricity, cleanly, with no pollution!!

Energy Sources, wave power and geothermal

Despite our awakening status, as a society, we still need to feed and clothe ourselves. Current methods of energy generation and drilling into the bowels of Gaia for petroleum products and gas will not be the way forward. Fracking is too invasive and causes all sorts of problems including earthquakes and disruption of the inner layers of Gaia. The generation of electrical power using nuclear power or coal is too costly and/or polluting. It is incredible to think that the Sellafield nuclear reprocessing plant in Cumbria has still not solved its nuclear waste problems from the Windscale atomic bomb production of the 1950s era.

All cooling rods (used in reactor cores to initiate heat generation) are kept on-site in cooling ponds or sent abroad (usually Japan) to be reprocessed. The nuclear industry in this country has had over seventy years to come up with an acceptable method of disposing its wastes in a way that poses no danger to future generations. In all that time, it has not come up with any viable means of waste decommissioning. Even here, not all is lost because there are certain types of bacteria that utilise radioactive waste as a food source. This research was on-going when I was a student back in the early 1990s but where they are now over thirty years later is difficult to gauge. Using bacteria that can convert spent cooling rods to an inert source must be one viable way forward. This is a more sensible idea than putting highly active radioactive waste into ground silos, underground caverns, under the sea, onboard space rockets, or shipped halfway around the world to be processed. Sellafield itself is supposed to be a nuclear reprocessing site!

Geothermal sources of energy production

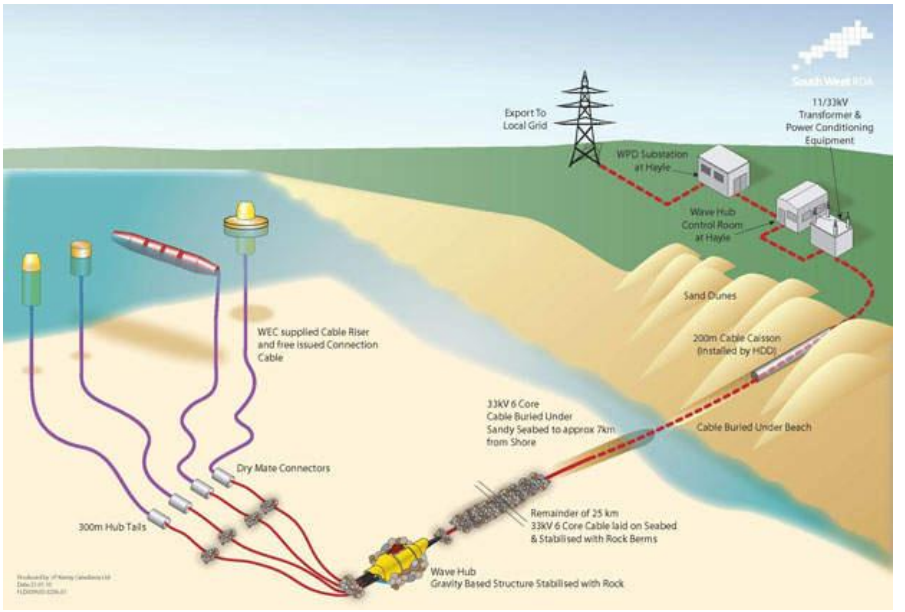


Instead of nuclear power we could be using geothermal sources of heat to drive turbines just like they do in the Nordic countries. What is required is to tap into an underground reservoir of heat-bearing rock. Water can be

injected to produce steam and the steam piped to the surface to turn a turbine that produces electricity. It should also be possible to redirect heat away from electrical generation to heat homes. Geothermal sources of electrical generation offer a local solution to local problems. We need to forget about all the grandiose plans of net zero and reducing our carbon footprint. These sorts of ideas work if the global population has been reduced by 90% but for today and tomorrow's solutions, we can tap into natural sources of heat to generate steam and turn turbines to generate electricity.

Present strategies of alternative electricity generation are similarly fraught with low efficiency and on-going maintenance costs. Wind turbines require high capital input, and they only generate electricity when wind conditions are favourable. The infrastructure of wind turbine farms also mean you need a lot of physical space to install them and once installed, they need to be maintained. Wind turbine structures also pollute the atmosphere by generating subsonic frequencies that interfere with mammalian life processes and are lethal to some bird populations because birds fly into the turbine blades. Arguably, the aesthetics seeing wind farms atop spots of natural beauty or out to sea does not give one a sense of achievement. Wind turbines have provided lucrative business opportunities for the industries producing these monster machines but there is little in return to local communities when it comes to generating electricity. Perhaps the cost benefit decision-making processes should include lots of local input before commissioning takes place. These types of strategies should not be decided further up the food chain in the Houses of Parliament or the local planning office. These structures affect everything around their installation, and everyone should have a definitive say in whether they build wind turbines. These sorts of decisions should not be left solely to politicians either local or central because they cost a lot of money with little if anything in return. People want dependable, cheap sources of electrical generation and wind turbines offer neither.

Wave power and the almost invisible generation of electrical power:



A more stable, environmentally pleasing, and reliable method to generate electricity is to use wave power. The moon's pull on the planet's seas and estuaries produces periodic high tides, twice a day. This up and down movement can be used to turn a turbine that produces electricity. Coastlines and estuaries are suitable places for this type of electrical energy generation and once again, wave power is much cleaner than other forms of electrical generation. Coastlines and estuaries are also the places where big cities are found; the target audience is always close by. When we talk about alternative sources of energy, we must side-step Parliament and Big Industry because they have their own agendas on what gets built and why. We also need to side-step the fake environmentalism of climate change to fully pursue alternative methods of energy production. Within the caverns and underground bunkers of the deep state military research laboratories lie alien technologies, specifically for energy production. Methods of propulsion for cars and planes for example, lie in the field of altering the gravity in front of a craft to move it forwards, backwards and sideways. In other words, at this stage of our technological development, the deep state must spill the beans on what it gleaned from alien

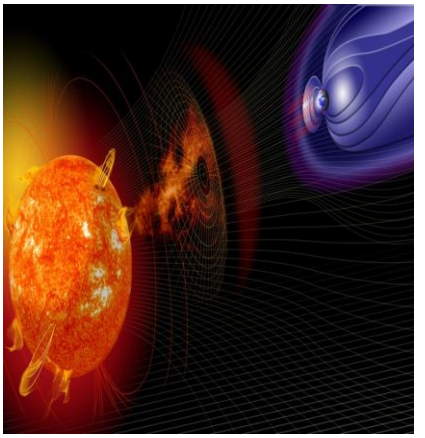
civilisations because we need to utilise these sources of energy generation now.

I now peel back another layer of the onion to look at the impact of space weather on our awakening selves. Space weather is hugely transformative on us and the environment. I ask you see yourself as a bundle of energy amidst a sea of other energies. Planet Earth is impacted by energies thrown off the surface of the sun and these energies usually take a couple of days to reach us. When these energies reach us, it can literally shake us up and catalyse our spiritual awakening. I wrote this article about 5 – 6 years ago when I was deep into my spiritual journey whilst living in Greece. These energies are powerfully felt and extremely transformative.

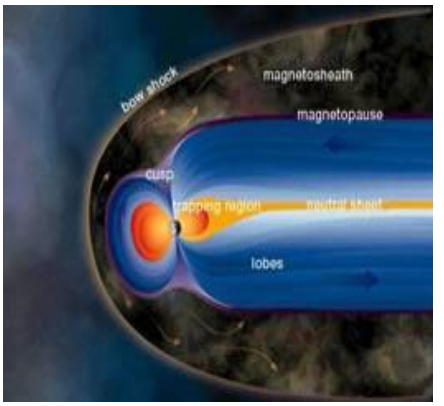
Space weather and our spiritual selves

When space weather impacts our atmosphere, it ripples through to the surface and below to initiate major Earth changes. That is why earthquakes and tsunamis usually follow coronal mass ejections (CMEs) from the sun. Significantly, space weather positively impacts our spiritual bodies and helps wake us up. All these space weather phenomena will come together very shortly to help lead us out of mind control bondage.

Sunspots and space weather



This article is about the ascension process, some of its causes, symptoms and what to look forward to. Unlike spiritual awakening, which is individual, ascension implies a systems-wide consciousness shift and re-boot. Ascension is simply defined as vibrating upwards in frequency towards a higher dimensional awareness of life. Our bit of the cosmos is currently shifting from third to fifth dimensional consciousness. To understand the process a little better we need to be aware of our exposure to (a) Photon belt energies from our Central Sun and (b) the Sun acting as a delivery system of these and other high-end energetic particles that travel through our lower atmosphere. Collectively, all these energy systems are burning a very bright light throughout the Cosmos and changing everything they come into contact with, especially us. The incoming cosmic energies are firing up and re-connecting our junk DNA. Our so-called junk DNA is our treasure because it holds the key to our multidimensional awareness of consciousness.



We are approaching line of sight to our great Central Sun. Our Central Sun is a black hole which breathes in surrounding matter and breathes out matter, just like we breathe in oxygen and expel spent gases such carbon dioxide. Our Great Central Sun is very special, and you could define it the Creative Centre or the Cradle of Civilisation. As we move ever deeper into this region of space, we are bathed in high energy gamma rays from the Photon Belt. Prior to these energies impacting Earth, they are captured by the Sun's atmosphere and catapulted towards planet Earth. Some of this material is captured by our magnetosphere and flows into our upper

atmosphere. Some of these energetic events cause auroras near the north and south poles but significantly, these energies are multidimensional and capable of changing our consciousness.

Significantly, we have not been exposed to Photon Belt energies before and in one sense they can be loosely defined as high energy particles that ionize our lower atmosphere to produce light and chemical changes. Yet these same particles can also be defined as 'god particles' because they are exquisitely capable of catalysing our spiritual development. Since the passing of the 1987 Harmonic Convergence, there have been significant shifts in the properties of the Earth's magnetism. The Earth's magnetism couches the potentials of our consciousness. As the magnetic properties of planet Earth changes, so does our awakening quotients and potentials. Significantly it is the influx of Photon Belt energies consequent with changes in magnetism that is firing up our awakening and catalysing the Ascension process.

There are many different types of energies emitted by the Sun towards planet Earth which includes sunspots, x-ray flares, coronal mass ejections (CMEs) and other charged particles carried by the solar wind streams. As these streams of energy impact planet Earth, they initiate massive Earth changes such as volcanic eruptions, particularly within the pacific Ring of Fire regions of Asia, Earthquakes, weather changes i.e., increased regional temperatures and other environmental phenomena. These types of events are quite normal in one sense because they have been going on for millions of years. The difference nowadays, however, is that the severity of these events has increased dramatically because Gaia herself is in process of transformation. Planet Earth must transfigure itself because it too is ascending just like everything else. Long dormant environmental processes beneath Yellowstone Park (USA) and the region of Earth's fragile tectonic plate regions along the San Andreas Fault (USA) are becoming active.

Of spiritual significance today is that we are exposed to the normal output of energies from our Sun, as well as the sun-mediated Photon Belt energies from the Centre of the Galaxy. Consequent with the shift in the properties of Earth's magnetic field, these events are coming together to

activate our Kundalini, 'junk' DNA and chakra regions. When our sacred centres of remembrance are activated in this way, the veil of forgetfulness thins, and we begin a journey in which we experience the Oneness within Life. You may or may not notice the first stirrings of awakening because they may present themselves to you very subtly. Some of the signs of awakening are listed below.

Increased Awareness of Consciousness

Feeling of déjà vu in which time itself breaks down and we traverse different timelines. We may or may not experience significant events in the reality we find ourselves in. Thought begets creation so be careful what you wish. Focus only on those things you would like to experience because the lag between thought and manifestation is rapid. From time to time, we may experience the tremors of an earthquake under our feet or bum. We may even wake up from sleep and find our bed physically shaking - relax, it is our Kundalini activating or awakening.

We experience life as a dream in which we sense the 'potentials' of all those around us. We may also see the shapes and symbols of the Cosmos within the very bodies of the individuals we are looking at. In 2014 when I was at the apex of my awakening and during an excited about of CMEs bombarding us, I clearly observed the cleavage lines of a quartz crystal in the facial lines and neck of a *crystal child* I met. I was also able to gauge potentials of that child as someone with an ability to alter our understandings of quantum physics.

We experience life as an observer in which everything is bathed in a glow or etheric energetic signature. Physical form is light slowed down and we can see differences in form based on energy, not shape. This is an awesome sight, and it will leave us gasping at our own and everyone else's magnificence. We experience the Oneness within Life and come to a swift realization that all the individuals in our life and everything else we experienced is nothing more than a dance of energies – All is connected, All Is One. We seek authenticity in our lives. We jettison that which is not working and in very short order, find oneself in new situations, circumstances, relationships, and parts of the world you never even heard of.

We realise how sacred Life really is. The illusions of life, which include separation from the One and from each other, can be seen as self-imagined contextual fields in which to experience oneself as a Separate Self before merging back into the fold of the One and the All That Is. We understand the prior life planning sessions and the sheer logistics of our setups in which we synchronistically meet people we really must meet, go places where we really must go and experience life in just that way and within that moment.

Physical symptoms of awakening /ascension include:

A reworking of our nervous and immune systems – towards light body status

A reworking of our significant internal organs, especially glands – towards light body status

A re-visiting of old medical issues – working out old emotional issues

Dietary changes – our body will tell us what foods to avoid and what foods to consume. Some people will be very surprised by these changes.

For some, cosmic energies will be very tough to live with. If you feel your body is being activated too strongly 'out of body', e.g., hot flushes in the face or body, cannot switch any electrical item on without it fusing or breaking, (especially light bulbs), take a long hot bath and sporadically, deep breaths to ground yourself between the above and below. Get into nature as much as you can, she will ground you – you need time away from everything.

Finally, I draw attention to another form of energy from the sun not mentioned in detail thus far: sunspots. Presently we are in a time of low sunspot activities, and it is the appearance of sunspots that largely govern our weather systems. Incidentally, one of the reasons why the Cult dislike Piers Corbyn is not because he is Labour Corbyn's brother, it is because Piers Corbyn uses sunspot activity to forecast weather, and he is very good at it too!! His website can be found here: http://weatheraction.com/

The eruption of sunspots and associated activities are crucial to our awakening states. Because of the sheer volume of material and energies emitted from the surface of the Sun, sunspot activities also carry great creative and destructive powers. It is not too improbable to say that sunspot activities plus CMEs will be capable of triggering electromagnetic pulses (EMPs) of huge power that will crash into the atmosphere of planet Earth. When this happens several things will occur: (a) an electromagnetic pulse will bring down many quartz-based systems of communication, hard

drives will be zapped, surveillance and other terrestrial control systems will go down and much more significantly (b) an EMP will bring down most of the satellite systems surrounding planet Earth. Some of these satellite systems employ space weapons and are used as such. Other satellite systems employ surveillance and mapping systems. Crucially, some of these satellite systems are used for mind control purposes. When these systems go down, large swathes of the population will awaken from their deep slumber. That represents a big threat to the Cult. That is why American presidents can sign a Presidential Order that if and when this happens, martial law can be imposed – it is all about loss of control. Finally, as we journey ever deeper into the Photon Belt, the energies will become unbearable for some covert bloodline families such as the Annunaki, or Dragon bloodlines.

The new influx of cosmic energies will, on one level, be deeply cleansing and help free those caught in dark energies. These energies will also work their way through our spiritual and emotional bodies. Issues will flush to the surface, and we must face and resolve them. We must clear out the old before we allow the new in. Significantly, one important issue we will visit during these times are related to the types of foods we eat.

Lightbody Diet

Western diets are heavily processed and laced with food additives, colours, and artificial sweeteners. When we consume heavily processed, additive-enhanced foods, we end up with dense not-so, spiritual bodies. Have you noticed the switch from meat to plant-based foods recently? Even my low-end supermarket where I buy food now sell plant-based foods and organic produce. This change in diet is due to the influx of new energies and how they act on our collective consciousness. Diet, like everything else, however, has been weaponised. Some sectors of society are triggered by the words, vegan, vegetarian, meat-eater etc. For some, food is the new religion, and they like to police what you, me, or anyone else consumes. I say it clearly now, what you consume and the reason for your choice is your business, no-one else's. My choice of foods is my business and mine alone. I detail a bit later, why I choose to eat the way I do, and it is nothing to do with 'saving the planet', reducing my carbon footprint or any other slogan or battle cry from the camp of George Soros and the Great Reset. Quite simply, there is no need to convince anyone on what to consume because it is based on individual consciousness and, how cosmic energies impinge on that individual. Look at what is happening at our local supermarkets, it is now very easy to buy plant-based foods. The change in diet was big enough for supermarkets to take note and make monies from. Most folks simply stopped eating meat and went vegan or

vegetarian or significantly reduced their meat to go vegetarian. Supermarkets only supply what they can sell. They are not into persuading us to eat innovative or novel foodstuffs. They will not move till the market demand says so and demand appears to be very, very big now. We can now buy plant-based foods almost anywhere, which is a good thing. As our consciousness changes so does our diet.

Consuming meat is quite heavy and dense on our subtle energy bodies. When we consume the meat of animals, we also consume the fear and emotions of that animal whilst being reared and killed. Battery chickens for example put on so much weight in such a short time that their skeletal bones cannot take it, causing all sorts of problems. This is a result of the intensive farming ethics of Big Farming which aims to turn an egg into a grown meaty chicken in the fastest time possible. Last time I looked into this (about 25 years ago) they achieved marketable chicken weight within 56 days of being hatched.

One trip to an abattoir as a student was enough for me stop consuming meat and become vegetarian. We also source our foods as much as possible from organic sources. Paradoxically, to follow a healthy diet, we need a lot more money than traditional meat-eating communities. I always find it strange that most people are under the impression that organically-produced crops are not as efficiently grown as pesticide-laden crops. The data I have seen, suggests there is very little difference between either model, but that does not stop the supermarkets charging consumers more for organic products even though inputs of farming and much more environmentally friendly. Secondly, if you determine the mineral and humic status of organic versus pesticide-laden soils, it is clear to see that the addition of chemicals to increase turnover and eliminate creepy crawly animals will eventually lead to an infertile and dead soil.

Lightbody needs for our youngsters

Many individuals, particularly young people, are switching to vegan foods. Their DNA is different to the DNA of older people and as such, the young may gravitate towards some types of foods which are very different to what their parents consumed. The bodies of the young cannot process the dense heavy meats that the older folks traditionally consume. The old saying, 'we are what we eat' will resonate with many in the days to come because we will be much more curious about where our food comes from and how it is produced.

Spiritually, we are moving into crystalline light body. What this means is that we do not require the same types of nutrition our bodies needed whilst in 3D. We will get most of our nutrition from foods dependent on sunlight or indeed, the rays of light from the sun itself. As we move towards light-body status, foods grown via photosynthesis will contain multidimensional energies and our bodies and physiology will thrive on these types of foods.

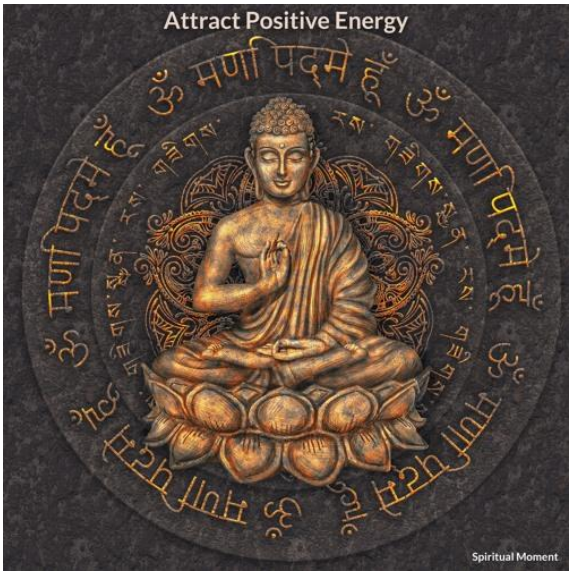
Currently, however, we are stuck with the concept of Big Agriculture, Big Supermarkets, and insufficient monies to buy foods that will help us grow and keep us healthy and radiant. Most folks have problems buying the basic low-end foods sold by supermarkets. The poor and needy do not have many choices when it comes to buying foods. To anyone in that position I say, find out all about the foods you consume and try and cut out the most heavily processed. Regardless of where your food comes from and whether you eat meat, are vegan or vegetarian, showing your thanks and blessing your food is one way of eliminating a lot of the negative energies on your plate of food.

From a cosmic perspective I also argue that the animals incarnate in service to mankind. Gaia, our planet has provided an amazingly lush environment in which to grow our sources of foods. The Inuit of the frozen North consume meat and find practical use for everything they kill. They also bless and offer their thanks to the animals and are grateful these animals agreed to be their food source. Similarly, the Native Americans, one of the indigenous earth-keepers of the planet understand the spiritual ‘in-service’ attributes of animals and how to raise animals for food

ethically by, being thankful and blessing anything they consume. The Native Americans like the indigenous of Australia treat the environment in the same way. Their motto is to leave everything in the same condition it was found. In this way, they are stewards of the natural world. They consume bison amongst other things and managed to live in harmony and balance for many generations. They understand all of existence, especially frequencies, hence their use of sound to make it rain during their rain dance ceremonies.

We can follow their lead by 'conscious buying' and blessing the food source, the planet, and the Cosmos for providing our daily needs. A cosmic blessing said with the authentic intent of gratitude will negate any nasties or long-term health effects from consuming these or other heavily processed foods. In any situation involving longevity and survival of our species, do what you can and move on. I have no wish to castigate meat eaters nor should vegans criticise vegetarians – we are all the same having different needs, lifestyles, customs, mores, and traditions. The motto is simple, eat consciously, be thankful, eat graciously and understand the process of who we are and what we are doing here. It really is time to come together so that we can learn more about each other tosustain ourselves and the planet much more harmoniously.

Spiritual awakening



Other issues holding back our evolvement to light-body status include physical blockages due to constant worry and, at the throat level, not speaking our truth. The words 'let go' can transform our lives because we no longer cling to what is familiar. The Cosmos is aiding the evolvement of humanity currently by blowing winds of yin-yang energies towards this quadrant of the Cosmos. These energies can be defined as non-gendered male /female energies that affect our consciousness. Therefore, as the new energies of consciousness sweep the planet, males are becoming 'softer and more feminine whilst the females of our species are finding their voice and demanding to be heard. The throat chakras of females have been blocked for thousands of years and all of that is changing. The greatest challenge for humankind, however, resides in conquering the mind because that is where habit and programmed response is greatest. Threads of mind grow thick when we respond in the same way to the same threat, time after, time after time. During a spiritual awakening, the mind threads are torn asunder, and it is here that 'dark journeys of the soul' takes place because everything we take for granted is turned upside down and inside out.

“Life isn’t about waiting for the storm to pass, it’s about learning to dance in the rain” Vivien Greene

When this happens, life changes and we embark on the most wondrous of journeys. Everything changes as the veil is lifted. It is indescribable to explain what happens when we understand, All is One, All is Connected. Our awakenings catapult us forward within the hero's journey. Change is inevitable as we break down our former self and re-build everything anew. There is absolutely nothing to fear as we awaken. However, friends and family may find it difficult to understand what is going on within you. The old 3D reality we knew, understood and are familiar with dissolves, sometimes explosively. We may also find that our social constructs, i.e., pillars of our consciousness and the ground beneath our feet are ripped away to reveal a new dawn in which everything is less than familiar. Some of us may not be able to differentiate between fact and fiction, day, or night. As we stick with it, we eventually come to a form of balance in which we widen and deepen our awareness of consciousness. By that time, we have changed, the old you has gone and in its place is the expectant, brand new you. The hardest aspect of a spiritual awakening is not having a clue on the how and where, it all ends. Those who undertake this journey with a partner and family, perhaps trod a most difficult path? Why? Your partner and family keep you grounded within a 3D reality while you are experiencing life at a completely different level. Click here to get a glimpse of what I went through, https://www.wakingtimes.com/are-you-experiencing-spiritual-emergence-or-spiritual-emergency/

Maybe it is a little easier for those who go on to become teachers, gurus, or facilitators because they usually stay single and focus on their path? During times of awakenings, we appear to be at the mercy of a rollercoaster of emotions as we climb high its mountains and swim deep in its oceans rifts. For much of the time, it can also be a lonely journey towards enlightenment because it is extremely experiential, and no one really understands what we are going through. This is called the Hero's Journey, and contextually and as an analogy, no-one knows what the butterfly went through as it emerged from its pupae. We signed up for this journey in these times and it is something we all wanted to experience. The global awakening and ascension will be a unique experience because

much of mankind will ascend to a higher dimension whilst still in body – that is an awesome thought and that is the sole or soul purpose of this book, "it is all about the wonderful you"! The energies of Kundalini and their true purpose will be described next.

Kundalini and sexual orgasm as initiators of awakening

Yet another layer of the onion of life is stripped back, literally, to reveal what happens when we consciously make love with the intent to transcend our present reality. This is possible using sexual or Kundalini energy. Kundalini energies are a portal to the multiverse and, when carried out with intent, gratitude, and compassion, they are deeply pleasurable both on a physical and spiritual level. These energies are literally, out of this world. Everything about Kundalini is about love for self, others, and life. The first big secret of Kundalini is that emotions can move mountains. The depths of our emotions are endless, and we can use emotional states as a trampoline that fires us to new heights of liberation, freedom, and awesome wonder. Imagine catapulting yourself into the Universe where you are merged into everything and everything is you – that is just a taster and words cannot do justice to what you see, feel and emote.

Energies of Kundalini and Tantra

Everything in life is energy, frequency, and vibration, including our emotional and spiritual bodies. Our emotional body is linked and connected to many different realities or dimensional frequencies. From a 3D perspective, the range and depth of our emotions are almost without limit. We can experience great joy, bliss, and elation as well as massive depths of despair. On the one hand, we can experience Oneness, openness, tolerance, and inquisitiveness and at the other end of the scale, closed mindedness, fearfulness, and bloody-mindedness. The exquisite breadth and depth of our emotions is what makes us gifted as a species. It is also one of the reasons why many other star races find us fascinating to study and observe. Part of our journey within 3D reality is to understand ourselves spiritually and energetically as we interact with many different energies and energy centres of the Cosmos. One of the most powerful and dimension-busting energies is that of sexual energy. Sexual energy is the

doorway or portal to exploring the multiverse of our wonderful selves. It is a chance to journey out of 3D and to become one with the Universe.

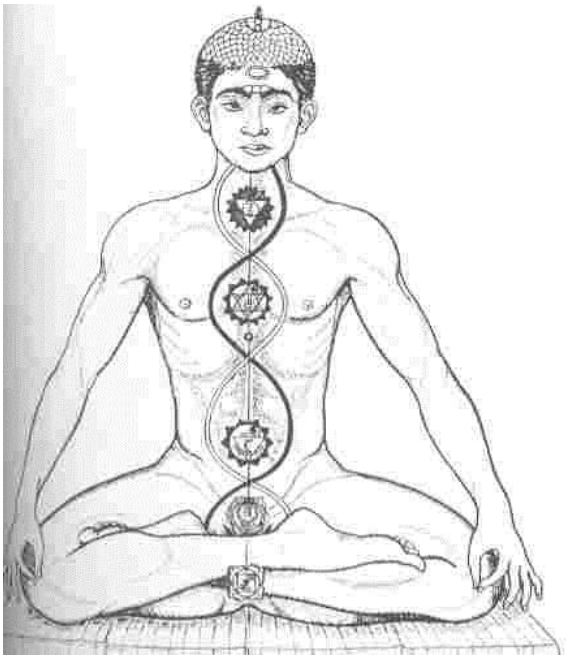
When we make love, it has a potential to become a sacred act of reconnection and remembrance. In effect, there is a meld between the fields of the people involved and an exchange of multidimensional energies where the sum of the parts becomes eclipsed by the whole. The meld at the point of orgasm itself, is a very powerful initiation into the mysteries of Life. We can use the explosions of orgasm to create babies, or we can use its energies to explore the Universe or affirm to ourselves that Life is beyond measure, reason, or rhyme. There are no words that I can think of that adequately describe what happens when two people are drawn together, make love and become One - maybe 'magic' is the only word that comes to mind.

Thus, our emotional and other energetic bodies are a set of energetic linkages and chakra-like connections plumbed into a Greater Reality. Our cosmic meld results in a complex set of inter-related happenings and occurrences capable of catapulting us into states of being where everything just is. Similarly, this cosmic meld of energies is also experienced by couples of the same gender when making love. Everything is possible within the loving relationships of two consenting adults and in this respect and from an expanded consciousness, we are Love itself, and, without limit or boundaries.

One of the most revealing books I have read on this issue is from the wisdom of the Pleiadeans channelled by Barbara Marciniak - Path of Empowerment (2004). This book offers general insights into how we can make the most of our wondrous selves at an everyday level. Two sentences jumped out at me in this respect (1) "the quality of love you receive mirrors the value you place on yourself" and (2) "your power ends where fear begins". Simply put, love yourself, all of yourself because you are the perfect expression and version of life itself. Secondly, go forward boldly and understand you create everything in your field of vision and reality, be a conscious creator. But first, a quick journey through our energy fields to set the scene for the many choices and challenges we face

as we go about loving ourselves, attracting a mate and enjoying the All of a loving relationship. This chapter is after all, all about the wonderful you!

Kundalini and the seven chakras



Your thoughts, intent, values and actions define the energy signature of you. Your present incarnation embodies all previous incarnations, and your aura tells those able to read these fields everything about you. Your aura and the energies you emanate can be subconsciously picked up by other people. When you meet someone for the first time and you feel as if you have met before, it is a simple acknowledgement that you are energetically compatible and there is some ‘business’ that must be carried out, between the two of you. Lovemaking can be either genital fulfilment or a full body/chakra Kundalini. More experienced lovers who use this technique can have genital love followed by Kundalini meld. The energies we are discussing here are the Kundalini or 'serpent energies' that nestle 3.5 turns at the base of our spines. Think of a snake nestled up at the base of your spine and you can use that as a good visualisation of where it lives and what happens as it slithers up the spine and chakra regions.

Within a relaxed and loving relationship, full of focus and conscious intent, all seven chakras are activated in turn as the serpent dances up and along the spine. The apex of this dance is when these energies explode out of the crown chakra. In doing so, we simultaneously re-connect to the All-That-Is and begin a wonderful journey.

As we explode into Cosmic Consciousness, we become everything and everything becomes us, the stars, suns, dust, and the Universe. We are here, there, and everywhere, yet nowhere. We permeate the All of It. The trick is not to get stuck on what we see, feel and experience. If we attempt to run all this through mind, everything comes to an abrupt halt. When we merge with Cosmic Consciousness, it is an experience outside the discourse of mind and conscious thought. We cannot think like a third dimensional human being when experiencing a multiverse; by definition, that is not possible.

The act of lovemaking either at the genital or full body/chakra level wakes up many levels of reality within us. The body becomes fully oxygenated as we breathe in much more prana, and this kick-starts our recognition and appreciation of body and cosmic processes. Firstly, we become acutely aware of our bodies as our sensory centres open upwards. As we go deep within the gyrations of our lovemaking, we lose sense of mind. At the penultimate height of our Kundalini's sexual journey, and just prior to the explosion of orgasm, our consciousness catapults itself out of 3D mind and body. Just like a spaceman/woman, we look out towards the multiverse in awe and wonder. All is connected and everything is One.

Herein lies the secret that religion and 3D societal belief systems have systematically repressed for thousands of years. Within the sacred act of making love is our ability to re-connect to the multiverse and other levels of reality. Simply put, we reconnect to our God-Source and have a knowing and experience of our immense power in directing our own lives.

Just that one thought would turn religious, political, and other societal belief systems upside down. There are any, many social programmes going on within many countries that dis-enfranchise its citizens of their constitutional and spiritual sovereignty. These programmes are designed as social control programmes which have been embedded into the consciousness of parents, schools, and educational establishments, places of work, play and entertainment. Significantly, all these programmes of social control were embedded into our consciousness hundreds and hundreds of years ago. The process of socialisation ensures these programmes carry these constructs from generation to generation. Most of us are not even aware these programmes exist. Despite having immense power within us, we were told we were born in sin and not worthy of thinking for ourselves or directing our own life purpose. As we grew up and become socialised within society, we are covertly ‘nudged’ by church, school, and state that because we are ‘less than’ the gold standard “this or that” we must know our place within society. Certain avenues of life

opportunities will open for some but not others. Thus, a societal pecking order was created in which skin colour, gender and wealth, segregated individuals into living underneath an artificially-induced 'glass ceiling'. The social programmes of race, class and gender have been chugging away for hundreds of years within society and they are all designed with one aim in mind, control. Not only that, citizens of one country look down on the citizens of another country and then conquer and colonise that country's wealth. The history of slavery, colonialism, feudal serfdom, the Catholic Inquisition, global wars, conquest and mineral sequestration lay testimony to just how powerful these social control programmes have bee and, in many instances, still are. Many of us simply conform to what appears to be socially acceptable ways of behaviour. We rarely look outside our societal conditioning and if we do, we are labelled 'rebels' or troublemakers.

The preceding paragraphs define where human consciousness is, and it represents a reality many people experience. Paradoxically, all of that is a result of a duality between dark and light and our ability to choose this over that. In other words, it all takes place within a 3D world, and we can get carried away i.e., stay within its *mind-set*, if we stay within the lens of our 3D consciousness. The other side of this coin represents another story, that of a star-seeded world of beings called the 'dreamers' who can think and create new worlds, realities and indeed dimensions so effortlessly that they themselves are unaware they are doing it!

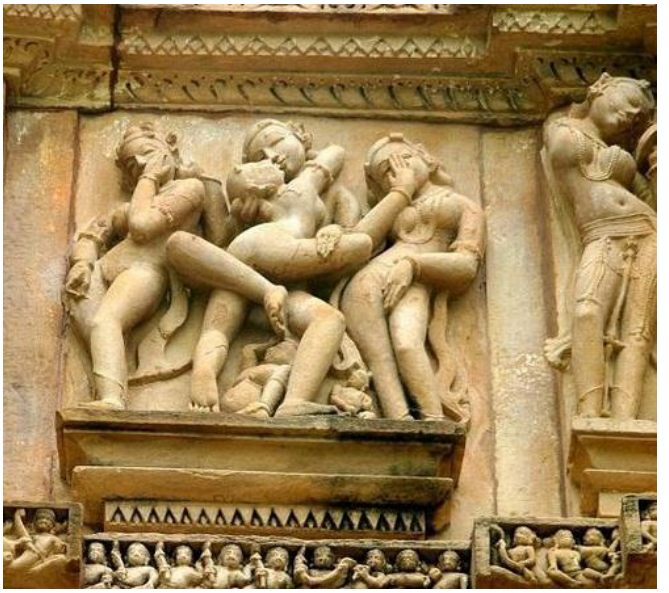
Kundalini and the fruits of its Tantra practices remind us of all that we are much bigger than we were told and that life outside the control programmes is actually endless simply because we are endless. There are no victims or victors, yet it appears that way when we lose track of our God-seeded lineage and consciousness.

Our power is always within us, it just needs to be acknowledged, *re-membered* and claimed. Quite simply, we must firstly learn to love ourselves, including the All of our physical body. Our physical body is an amazing biological vehicle for our soul. We must love it yet understand that its purpose is secondary to that of our soul. This knowing about our true selves has been systemically suppressed and sequestered for an awful

long time but that is now changing as we approach the end of this cycle within a cycle within a cycle. The non-gendered male dominant energies of the past 2500 years or so is about to end. It is time now to balance the non-gendered male and female energies of the planet.

Kundalini energies rising

If you are interested in raising the serpent whilst making love, grab a copy of the Kama Sutra or quite simply, ask your Higher Self for guidance on the most effective way to do it. If you do, be aware of books falling on the floor in front of you and other synchronistic happenings such as someone wearing a t-shirt with a graphic blazoned with exactly the information you are looking for.



As you feel the serpent/Kundalini orgasmic energies rising upwards along your spine, slow it down by focussing your consciousness outside of your pleasure zones. Breathe deeply, slow down even more and lose focus of the act itself. As the Kundalini creeps up your spine, it goes on a zig zag journey as it activates chakra after chakra. The next bit is the wondrous bit. Without too much conscious thinking you 'see-saw' or stop-start the orgasmic movement of Kundalini by use of breath and body movement up your spine. Sometimes, the energies may take a circuitous route up and along your spine – whatever, go with the flow, the activation of chakras up

your body prepares your awareness of consciousness for take-off until the Kundalini reaches the crown chakra. When the Kundalini energies reach your crown chakra, you simply slip into the multiverse. Your journey starts and you become One with the stars and everything else.

You will experience a meld of the likes you have probably not experienced before. You have no form except that you are everywhere and nowhere at the same time. Wondrously, you are conscious of the All before you and if you are not careful, this awareness of being aware, paradoxically may snap you right back into your 3D body and your journey is over. Now, if you have not experienced this before you have a massive treat in store and the experience will change your thoughts about everything you ever felt about yourself or others. Part of this journey is the realisation that there is so much more to know and understand about ourselves. This deepened perception about life and oneself opens the door to much soul-searching. Our emotional bodies have such depth that they are as big as oceans. The orgasmic energies of Kundalini are very pleasurable reminders of who we are, where we came from and what we are part of.

I now discuss briefly, a consequence of us moving up in frequencies to transition different dimensions. As we traverse across the lower fourth dimensional energies, we may see and experience strange stuff.

Psychic intrusion incantations

Many of us are transitioning towards a jump-off into fifth dimensional consciousness and many things in our normal every-day lives are changing. Have your emotional centres opened recently, do you feel and intuit what is going on before it goes on? Do you finish the sentence of your partner, even before she asks the question? Are you having extremely lucid dreams or waking up bright-eyed and bushy-tailed at 4 a.m. in the morning? Do you experience vivid movements from the peripheral side vision of your eyes? Any of the above means you are moving up in frequency. As you do, you shine a bright light. This light attracts all sorts of very different energies and entities, some good and some bad. Discernment in engaging outside the everyday is crucial in these times because everything is new.

We may theorise about meeting extra-terrestrial or lower fourth dimensional entities but what do we do when we unknowingly, meet them? To be clear, I am not talking about ghosts or apparitions, I discussed these types of energies in an earlier chapter. The energies of what we call ghosts are simply energetic etheric imprints of individuals who died whilst experiencing extreme emotional events i.e., battle fields, love triangles etc. These types of energies are fixed in space and literally play themselves out in the same way ‘time’ after ‘time’ until released. For now, I am discussing entities that reside in different dimensions or densities of that dimension. These types of energies may be friendly,

predatory, or neutral. The friendly types simply observe us and take note of our energetic aura. The predatory types do not have physical form in 3D and appear as wisps of black smoke. These energy types present themselves by latching onto our ego centres. They flatter, make a fuss of, and concoct all sorts of fanciful stories of who and what they are – all of this is designed to get your attention.

In 2019 I was given an amazing gift from a couple of the people within my meditation group. One of them had an unusual greenish tinge to the lower jawline and cheek of her face and I could not really make out what was going on. Long story short, this person was possessed, and I almost walked into the arms of the 'dark side'. Thankfully, I came out of it untouched and a lot wiser. Not everything that glitters is gold and entities of the dark side wear many coats, talk the right languages and yet, are cunning and deceptively evil, all at the same time. When you first meet them, they quickly engage your attention because they talk a lot of spiritual sense and have some understanding about the stuff, we are interested in. All of that is a pre-amble to try and ask you of your own volition to invite it into your headspace. It was at that very late hour that I realised what was going on. I simply brushed it (the person and its possessor) away and moved on, much wiser. It was as simple as that because in the Grand Scheme of Things, we can do that.

These energy types are literally everywhere and involve themselves anywhere we homo sapiens congregate, play or work. Their influence is much bigger than is assumed and their predatory nature is not within the consciousness of us until something happens to open our discernment centres. Most of us can feel their presence and it is creepy, but we simply move onto the next experience within our lives because they mean nothing to us anyway. Our powers of discernment against these predatory energies change positively day by day because the energies within and around us are becoming more powerful with each passing second. These lower fourth dimensional energies will find it harder to stay in body and to function anywhere the light is strong. That is the sole reason, many political leaders, kings, and queens find it hard to stay rationale and level-headed in their daily dealings with us. Their behaviours become erratic because the light is too strong. What happened during COVID-19 is a

perfect example of this energetic mis-match where common sense, scientific rationale, confusion, and plain old-fashioned madness became the staple of the day. How else can you explain the attempted shutdown of the world due to a virus less harmful than a common cold for most individuals less than 84 years old?

As we increase our frequency and spiritually evolve, we sometimes attract the dark side ghouls because we are transitioning across their dimensional constructs. These entities understand about our psyche by simply observing our aura. At the time I attracted these ghouls, I was asked to lead meditation classes which I did because it was something I had been doing for years anyway. Eventually I sensed what was going on and put a stop to it and consciously have nothing to do with these types of individuals. I find it difficult to comprehend the ‘masquerade’ or should I say, the Trojan Horse effect, these entities indulge in to control us. I understand that lies are almost part of our culture e.g. white lies but these possessing entities take it to a new level. Despite the devious manner these entities use to possess and control us, I do understand that their existence is part of the gossamer of life. There is much in life I do not understand, and I must remain open to the notion that there are good reasons for all of it. Some I do not agree with, but from a cosmic sense, we are all bits and pieces of stardust, and the essence of our journey is to know ourselves and to understand our purpose in life. For me, life in 3D is all about vibratory rate, frequency, and intensity. If we understand that, it is easier to make choices on what to do, how to respond and subsequently live.

In any event, however, there is however, a hierarchy across the dimensions and we in the third dimension can tell entities from the lower fourth dimensional to literally hop it. Prior to this experience, I took everyone at face value and just got on with it. Since this 'gift' I am more discerning and usually hug people when first meeting them. When someone is possessed, the possessing energies take up space within the one they are possessing. When you hug an individual who is possessed, it feels like you are hugging an electrostatic snake i.e., you feel ripples of static running up and down their bodies. Sometimes you can also see the entity within the headspace of the person either as a different colour tinge or characteristics of the possessor itself. During my meditation classes I use sounds as

catalysts for healing. The possessor energies do not like being in the presence of organised geometrical music, particularly, the masters, such as Mozart or Beethoven. I would describe the facial features of the possessor energies as being very similar to the Wicked Witch of the East featured in the film, the Wizard of Oz. If you find yourself in situations such as this, simply say the following protection mantra:

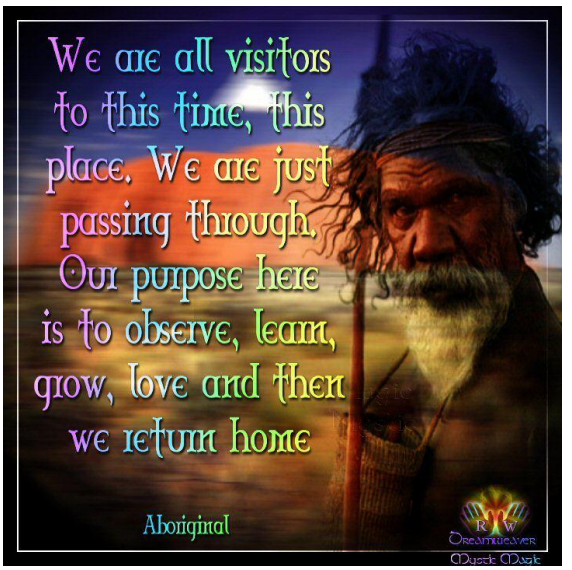
"Any energies that do not belong here in this place or me, in the name of God I send you back, blessed and transformed".

If this is said with clarity, intent, and no fear, that invading entity will simply disappear. Other ways to identify possessor-entities is through feeling. Their appearance in this dimension is felt as an energy which is not physical. It is difficult to describe other than it feels like a cold wisp of smoke as it travels by. These types of possessing energies can also be smelt as they appear and they smell like wet phosphor or damp gunpowder, sulphurous. Every time I feel or smell these entities, I always invoke my protection mantra and they just go. I also go through the following procedure to completely remove any vestige of these entities by recital of the '7' direction' meditation. I open all doors and windows of the house and burn my favourite incense, from my guru, Sai Baba of Puttaparthi, India. I hold the incense stick in my left hand and bow and acknowledge the seven directions of self, the east, the west, the north, the south, the up, the down and the in-between. I then go into every room and walk each wall with doors and windows open. I also do this for the hallways, corridors, cellar, and attic spaces. You can also invoke a white light protective bubble mantra over your house, entire neighbourhood, or country. Simply ask the Family of Light, your guru, master and all energies that have your best interests as their intent, to guard over you and your loved ones.

These possessive dark energies cannot stay in the presence of light. The light simply does its stuff and the dark simply moves on. The purpose here is not to punish, banish or tut, tut, it is to simply say, I am a sovereign being and I, like you have a place within the threads, strands, and tapestry of the Cosmos. I acknowledge your place in the Cosmos and by free will sovereignty I choose not to be a container for energies that I am not

familiar nor interested in. At some stage of their existence, lower fourth dimensional entities travel back to the One! I mentioned earlier that we are not alone in any of this, simply because that is impossible. The next topic I wish to discuss is off-world, other-dimensional energies that have gone through what we are currently going through. They are in service to us and gently remind us of who we are and what is going on. They paint a way forward within our lives but never force or chide us if we decide not to act on what they say.

Connecting the dots



The real history of mankind is incomplete, and we have lived in a manufactured construct of 'truth' ever since homo sapiens appeared on planet Earth. Back in the day, we were sequestered of our light from 12-stranded DNA consciousness to just 2-stranded consciousness by the Annunaki warlords. They simply allowed us to carry out their hard physical labour to recover minerals of every type, procreate the species and just enough consciousness to follow orders. They have covertly ruled us since via their hybrid bloodlines. These bloodlines rule countries and appoint their kind in all the top jobs and industries, especially the media. They understand intimately our psychology and long ago realised that

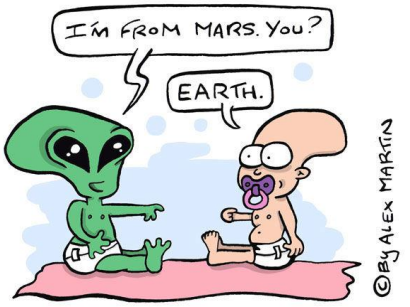
psychological control is more profitable than the bomb and the bullet. Nothing stays the same for ever and their covert reign over us and our beautiful planet, Gaia is coming to an end.

The tide has turned, and it is now our time to re-claim our sovereignty. It is time to listen to our quiet, inner voice. It is also time for us to break free of tradition and seek knowledge, wisdom, and true understanding from sources we have paid no mind to. Esoteric information is available from many sources i.e., channelled sources gurus, seers, artists, musicians and of course, the true history-keepers, the Indigenous.

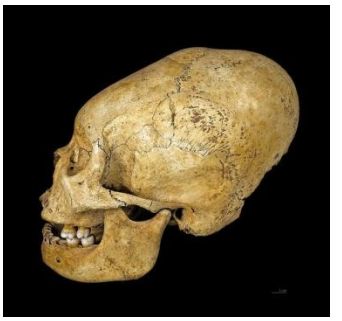
The Native peoples of Africa, India, South America, Australia and the Red Men and Women of North America, function as our history and memory keepers. They keep the stories of our history very much alive. Yet, these are the very people the Cult has tried to wipe out, control or destroy. We must get beyond what we were told about ourselves and the physical world from our old-skool social influencers which are nothing more than social control programmes which seamlessly run alongside each other. These programmes include, school, university, workmates, friends, family, politicians, academics, academia, industry, think-tanks, TV, radio, Google and of course, the media. Much of what we believe to be true is pure fairy tale or more specifically, constructed 'truths'. For example, the Vedic texts show us space craft flying in battle with surface dwellers and these texts were written thousands of years ago. There are other historical anomalies in recorded history such as dramatic signs of water erosion within and on the great steps of the Great Pyramids of Egypt. The true history of Atlantis hold key to relatively recent events in our history. Over 12,000 years ago, there was a tidal inundation or Great Flood as an aftermath to the experiments and antics of the Dark Priesthood of Atlantis. These flood waters impacted many areas of the world including the Egyptian Pyramids. Hence the erosional features around and within the Pyramids themselves. These features are normally ignored, misinterpreted, or airbrushed out of existence, especially by Egyptologists.

Similarly, the lineage and anatomical features of the Egyptian Pharaohs were explained away as either artistic license or due to head-binding practices. The Ancient Pharaohs of Egypt were of the dragon race,

Annunaki hybrid bloodline. The truth is that Earth has been visited by alien races for thousands of years and they have covertly ruled over us. The myths and superstitions of beings with superpowers and battles over who controls Earth are not mere fiction and based on the most part, historical happenings.



Nefertiti -Egypt



The list of anomalies in relation to our early social histories are endless yet, the Cult through all their professors and white-coated scientists expertly air-brush out of social consciousness, any stories, clues, or traditions that explain that in times gone by, this planet has hosted many mighty civilisations that have co-existed with homo sapiens sapien and other iterations of even earlier hominids.

The true history of our planet plainly states we are not alone. The stories of our inner Earth peopled by mighty civilisations i.e., tales of Agharta, Middle Earth and entities living within the environs of the North Pole are

yet to fully surface in human consciousness. When we truly understand we are not alone in this world, the power of religion, politics, the media, and industry will fold like a pack of cards. It is these organisations that have covertly positioned our consciousness towards the 'poor little me', we only live once, so let's enjoy it fairy tale since time out of mind.

In short, our histories are laced with Trojan horses of both dark and light extra-terrestrial beings that have coexisted with us because many of them are either humanoid or make themselves appear human. We are largely unaware of any of this and just live out our lives as best we can. I remember watching a series called Stargate SG1 and all this information is hidden in plain sight and passed off as science fiction. Significantly, series 1 details the takeover of human as described in this and other books. The last programme of the last series details exactly what is happening now in relation to alien races, viruses, and de-population strategies.

The dragon races and hybrids have historically owned, controlled, and determined all our worldly ventures, industries, capital and development. They also control the printing of money; decide the rate of inflation and even what type of music we listen to. Their hybrid bloodlines also control the fashion industry and the dumbed down curriculums of science and history. If you think universities are the pinnacle of learning, think again. One university in the UK has said it is removing all the novels of Jane Austin because of her historical use of prose associated with the slave trade. Her use of language from back in the day may offend those who are easily offended. Is Mark Twain, next? This is yet another example of a Cult-inspired concept of wokery to limit the bounds of our literature treasures, inflict white guilt and shame for the very activities the Cult themselves used to colonise the world: you couldn't make it up, but they did!

The dragon hybrids also love experimenting on us and from the 1960s onwards, taught us how to 'tune in, turn on and drop out'. If you look at the chain of events from the so-called discovery of LSD and its dissemination into the bodies of your youth, you find that the Cult see us little more than 'lab-rats'. They also taught us how to follow orders. We enthusiastically followed their diatribes on discipline, loyalty, and patriotism. They

diligently sent us to their boot camps to re-educate us in the ways of the dragon. They broke apart the human bonds our young men and women intuitively possessed and rebuilt them in their image of cold-blooded killers who simply follow orders. We became killing machines and followed their orders without flinching. We died in our millions throughout history as the bloodline Cult attempted to rule their turf, their territory their part of the globe. Those were, and still are, the days of dark energies and much bloodshed was spilt by us simply because bloodline factions fought each other for gain.

Besides the educational, psychological, pharmaceutical and computer industries, the hybrids also own or control supermarket chains, the stock market and oil companies and venture capitalists. That is the sole reason why all the high street shops and malls have the same brands on display from Lands' End to John O'Groats. The smaller, human-owned franchises largely disappeared from the big urban areas long ago. They also own much of the cultivable land, farms and (usually) foreign workers. They decide what to grow, how much and whether to use pesticides or not. Their organic produce is half the weight and twice the price of their pesticide-laden products. They also control the media, music industry, and youth industry. They control the major religions and because of the strange sexual appetites of the hybrids, paedophilia is rife within the Catholic, Protestant and other church groups.

We listen to the hybrid bloodlines every day because most of the talk radio and early morning TV presenters are of the bloodline or possessed by lower fourth dimensional entities. We pay money to see their brethren at the cinemas as leading actors in their films and tinsel-town is awash with bloodline celebs at various Golden Globe, Grammy, and Emmy Awards. There is no difference between Hollywood, media, showbiz, the music, and fashion industry. They all possess the same controlling bloodline. The showbiz awards which vote 'best leading actors, actresses' are similarly, of this bloodline. The control and dissemination of information into the psyche of the human population is so important to the reptilian overlords because they use these institutions to tell us how we feel, what we like, whom to vote for and whom to wage war against.

This next bit I do not understand at all, we vote their chosen ones, the politicians into power, time after time expecting a different result. Is this simply an attribute of ‘hope’ or is it a sign of societal madness? Arguably, the more astute amongst us decided long ago that political systems do not work and stopped voting. That is the sole reason why many so-called democracies in the West face (a) low voter turnout and (b) why political parties are forced into coalitions because most of its citizens do not believe in them anymore.

Over the years and especially of late, the dragon bloodline companies have feverishly bought into each other's media, TV, and film companies. This makes it much easier for them to control what we as consumers buy, see, or read on a truly global scale. The Cult tell their hybrid bloodlines what news stories to cover and print each day, what types of films to make, who is in, who is out and almost everything else related to the nudging and ‘adjustment’ of social norms and values.

That is why, the Cult can speak with one voice across many disparate social mediums /media and it is all due to bloodline. Arnold Schwarzenegger for example, berated anyone refusing to wear a mask as stupid and ignorant. The British presenter, Matthew Wright, post-TV shock-jock and current LBC presenter turned into a Corona-virus 'on-steroid' advocate of "don't be stupid, get your jab and just accept what the experts say? The US radio shock-jock Howard Stern would like to lock-up anti-vaxxers and refuse hospital treatment for the non-vaccinated – it is one dark energy and one voice that speaks the Cult narrative.

Showbiz and media are awash with luvvies, yet, when they get their ‘chatter class’ orders from the Cult, they simply go for it, full on. I was shocked by what I heard from presenters of LBC and TalkRadio during the coronavirus days. Shocked because it was full on slogans of “roll your sleeves up, get in line and get jabbed”. Few if any dissenting voices were heard for at least a two-year period. For those with eyes to see, it was clear that the Cult totally control the political classes, the NHS, industry, GPs, (general practitioners or doctors), medical professions and last but not least, the chattering classes of social media. They all spoke with one voice,

one energy and this turn of events confirmed to me that everything in my existence is nothing more than a construct – all of it.

The sole point in my detailing of all these disparate 'dots of existence' is to simply state that the world and everything in it is a state of change. The pendulum between dark and light has shifted, and the energies of light are illuminating everything in our sphere of existence. All of it is in perfect Cosmic order and it could not be any other way.

The Cult has provided the dark energies of the duality of 3D existence. That is the setup we re-incarnate into time after time. From a cosmic perspective, we should be thankful for all they have provided: without the dark there is no light. From a 3D perspective it is hard to understand we are born into a gilded cage prison where judge, jury, court, jailer, and iron bars, remain silent, invisible, all without shape or form! In many ways, the Cult are very much a part of us and represent our dark side because none of this is possible unless we buy into and go along with their version of reality. They provided the darkness in our lives which gave us the opportunity to choose to live this way or that way. In that sense, without the antics of the Annunaki warlords, the duality within life, the ability to choose and how to be, would not be available.

There is no dark without light and no, up without down. From a wider perspective, we should be thankful for the energies they represent and to acknowledge that life in this dimension is setup for benevolence. We are all on a journey back to the One and we all have different paths, yet, along the way we meet, mingle, and strive ever forward, ever upwards. By that token, we humans provided the light in the darkness of the Annunaki. Clearly, the Annunaki chose what appears to me, a difficult path back to the One. They have great technological, scientific, and esoteric knowledge but little understanding in balancing rationality, power and conquest over emotional understanding and simply living from the heart.

Our duality setup

The pendulum between dark and light has now shifted towards the light. Thus, the duality of our choices and subsequent realities are not as polarised as they were before. The dark energies do not have everything their own way anymore and they are fighting to cling onto what they see as their property, their world.

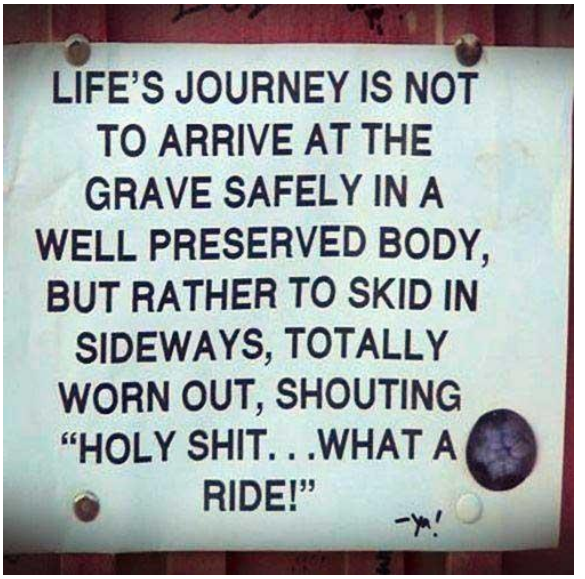
The balance of probabilities now favours the light and as the light begins to shine ever stronger, the dark recedes and finally, we are beginning to see into the gloom and connect the dots. The Cult are losing their grip on humanity which is why they took advantage of the SARS COV-2 virus and COVID-19 to usher in their jack-boot of control and tyranny. Many individuals simply felt all of this was COVID-BS and woke up to themselves. Many others, however, believed the narrative and succumbed to the dystopian nightmare by giving their power and sovereignty away.

Regardless of all that, many people will see the light as it dilutes the darkness. A dim light can illuminate a very dark room – it is as simple as that. Despite their monies, power and military hardware, their days of control will soon be over. Each day brings us closer to line of sight of our Central Sun in which high speed 'God-particles' can illuminate our journey and psyche. This is necessary in order that we raise our vibrations and at some stage of our journey, flip into a higher dimensional consciousness.

Working the puzzle

As a species, we are beginning to look at ourselves and starting to work the puzzle. The puzzle is about who we are, where we came from and what our purpose is. It is ironic that before our mass awakening can take place, we must work to unravel everything we thought we knew about ourselves. As we cast off the shackles of the 'little me', our perception and awareness of consciousness will explode to reveal the nuances of our imprisonment. We will then be able to understand what has never worked, what needs tweaking and where we go from here. For the first time in our histories, we will decide how to live, what types of religions (if any) we follow, what energy sources to utilise and all decisions appropriate to our new evolving state of being. It will be local solutions to global problems. We are currently at the tipping point, a flutter of a butterfly's wings away from the tsunami of evolving to a fifth dimensional consciousness.

The last batch of humans to ascend into fifth dimensional consciousness and beyond were the Ancient Timekeepers, the Mayans. It is now time for the bulk of humanity to tread that path including Gaia, the planets, the moon, sun, and the stars. Everything will follow the astral chords of Ra, our Solar Deity, into ascended fifth dimensional consciousness. There will be those who will stick and cling to the Matrix; that is their choice. The ascension process is all about what is in our hearts and not what is in our head. Whichever path we take back to the One is irrelevant because at some stage in our journey, we all make it back. It is the experience of that journey and not the journey itself that is cosmically important.



It will also be time for us to meet all our cosmic brothers and sisters and to fully participate in the affairs of a vibrant and accessible cosmic family. That said, what a ride the Cult gave us these past 200,000 years. Bon voyage on this unique and most auspicious of journeys! Finally, if anyone is interested in finding out a lot more about the nuances between third and fifth dimensional living, check out the Starseed Dialogues[13] by Patricia Cori, channelling the Sirian High Council who are 6th dimensional beings!

Namaste, I honour that in you which is also in me!

About the Author

In this section I thought I would include lots of my personal stuff in order that you understand my motivation and intent more easily. This is me and if I digress from this to that and back, it is because that is how I think for much of the time. I find it difficult to be disciplined in how I write, think and feel because much of life is inter-linked, and context is very important. I am a scatter-brained left-hemisphere type of guy.

I live in Wallasey, Merseyside, Northwest of England. I have three kids aged 16, 14 and 10 years old. We also have two cats which act as if they are Egyptian royalty. We try and live as simply as possible, which basically means that none of us are deeply into social media, three holidays a year and the latest i-this or i-that. The missus is very careful with the types of foods we consume and clothes we wear. Whenever possible, we eat affordable organic foods and as a family we follow a vegetarian diet. The missus is strict on the kids when it comes to not consuming processed food. For example, she ensures the foods we consume do not contain artificial sweeteners or MSG and a whole suite of other additives. We try and stay away from doctors and hospitals and prefer using homeopathy and other non-allopathic methods of healing. We do use hospitals and GPs from time to time but only in emergencies. We also stay well away from fluorides in our toothpaste and drink partially-filtered water.

Have you noticed how difficult it has become in the past few years finding clothes and bedsheets that are 100% cotton? Some of the artificial petrol-based clothes we buy leave a slight charge on the skin which is not good to our energy bodies. These artificial fabrics also change the ways in which we sweat and how our body sheds skin cells. One other thing to check before buying is to try and find out if your item has been coated with anti-flammable chemicals or doused in anti-fungal or pesticide substances (although the latter mostly occurs to items such as rattan and bamboo, but it is always good to ask before you buy). On that same note, we ensure that all items of school uniform do not contain Teflon. We do not like the idea of putting this substance in contact with our child's skin. After a period of use and particularly during washing, particles of Teflon

do flake off, become entangled in the clothing, and may stick to a child's skin – not good. In case, if you are unaware, Teflon coated cooking pots and pans should not subsequently be used to heat food if they are left on the cooker too long because the Teflon may chip off and even worse, release gases such as perfluoro isobutene and perfluorooctanoic acids which are about ten times the toxicity of phosgene. Phosgene was invented by a British military laboratory at Porton Down during the First World War. Its common name is mustard gas, and it was used in the trenches against German soldiers. Worryingly, Teflon begins pyrolysis at temperatures more than 220 0 c. In other words, more than these lower temperatures, the Teflon coating begins to break down and may undergo chemical change. Aluminium or even better, stainless steel types are much safer to use.

I also teach meditation and offer spiritual workshops and counselling to those undergoing spiritual emergence or spiritual emergency. My hobbies include amateur radio, which enables me to fully understand the concepts of sound, frequency, vibration, and resonance from a systems-wide perspective.

When I left secondary school, I worked on many building sites as a labourer, I also worked as a car mechanic and managed to survive the soul-destroying environments of fully automated process lines as a factory worker. I always try to make the best of what I do and mostly, just enjoyed myself during those times. The pay, however, was always lousy, yet I learnt a lot about myself and others. One night I spotted an advert in the local paper and applied to Thames Polytechnic, (Eltham South London) to an educational course I knew nothing about and after the interview, was accepted. I found the transition from car mechanic to university student hard for the first year and after that, everything went relatively smoothly.

I entered higher education as a mature student. I left higher education with a PhD and MSc. from Imperial College, a BSc. (Hons) from Thames Polytechnic /University of Greenwich and a Certificate in Education. Post-16 Further Education Teaching qualification from Avery Hill, Eltham, South London.

I found teaching exhausting and it was not what I expected. I did not stay around long enough to make a difference. In my later years and once again, I am a teacher of sorts. I define myself more of a messenger rather than a teacher simply because the stuff I like to think, research and write about is not taught in schools This time around, I teach what I believe is Truth (for me and up to this point) and I do not have to make any compromises to anyone on how I frame, define and understand my subject material or the world around me. I also liken myself a messenger because the data and information I receive plus my own life experiences simply points me in the direction I should be going. Regardless of where the information comes from; I just go for it fearlessly and with an open mind.

Appendix 1: Channelled information for the masses

I feel everything is shifting and even though life is not pleasant now with all sorts of false flags all over the place, it will not be forever. The energies have shifted to increase our vibratory rate and consequently, some of us are able to peer beyond the veil. Finally, many of us are experiencing ripples in awareness of consciousness, moments of loneliness, Godliness, and enlightenment. Because of our heightened vibratory states, we are attracting all sorts of entities into our illusory spheres of existence. Some are welcome, and some are not. This age of accelerating energies in which we transition from third to fifth dimensional reality, will require a certain amount of discernment because not everything that glitters is gold. Simply put, as we transition upwards in frequency, we can see what has always been there yet blind to us because of our energy constructs. We are sovereign beings and as such should not allow anything into our energetic fields unless we invite them in. Everything is energy, frequency, and vibration. In that sense, rely on what you intuitively feel about any situation. If you sense something dark, amiss, or not quite right in that other person or situation, simply repeat "any energies that do not have my best interests as their intent, in the name of God, (Jesus, or guru etc.) I send you back, blessed and transformed". That's it, sorted!

On the other hand, when we meditate, we must invite the Family of Light, Ascended Masters, our personal or favourite guru in because they will not come unless invited. It's that Prime Directive thing! The energies of today are so different to just twenty years ago. Feel free and ask them to touch you so you can feel their presence. You may hear music, smell flowers or the favourite incense of your Master. It is all available, but you must ask. In the asking is the simple acknowledgement that you are ready for the next step.

Peggy Black is a ‘channel’ for a group of energies known as the Team. Their channelled information is authentic and warmly welcomed. I do not describe the channelling process itself because that is something you can profitably do yourself and the information you seek will find its way effortlessly to you. Peggy Black and the 'Team' remind us of what we may have forgotten and to understand the game of life to go forward in the excitement of anticipation and child-like expectation rather than the fear of uncertainty.

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allowing yourself to feel theirs. Realize that you are always reading energy; this is done on such a subtle level you are usually not aware of it. Being empathic is who you are. You are a vibrational being feeling the vibrations of others. Most feelings are communicated silently through vibrations alone. You feel them, however you might not recognize or acknowledge what you have picked up. Often when you do feel some vibrations/emotions, you dismiss, ignore, distract yourself or even deny what you are experiencing. We understand that when you realize you are connected to the entire energy field of this planet and all those dwelling here, it can be challenging. So we are inviting you to begin with some simple yet personal expressions that will open the door to your power and honour your gift of empathy as well. Everyone has an energy signature that is created by their thoughts and beliefs as well as by emotions felt and expressed or felt and repressed. Their energy signature is always interfacing with those they encounter each day. When two people pass on the street or in the marketplace, there is always an exchange of energy. It is how ideas, beliefs, thoughts and emotional vibrations are exchanged. It is an energy transmission.

This exchange can often trigger some unconscious beliefs, insecurities, or repressed emotions. When this occurs, your mood or behaviour, will shift. This exchange can also offer the experience of elevating your state of mind and mood. Either way it is important to remember to simply state, "All energy that does not belong to me I send back blessed and transformed. All energy I have sent forth, I call back blessed and transformed, and integrate it with grace and ease." This is the same as washing your hands when they are soiled. No judgment, no issue, no story; it is simply and powerfully transforming mis-qualified energy. If the exchange was loving, pleasant, informative, sending it back blessed and transformed elevates its positive action. This conscious action is literally offering blessings of grace to everyone you encounter. It is also adding blessed and transformed vibrations to another's field. This action is healing for all.

You are in control of your personal energy signature. You might begin to play with and practice offering an uplifting signature. Your core energy or

vibration as a divine being is the frequency of love, joy, gratitude and appreciation. So when you consciously begin to offer heartfelt appreciation, gratitude or joy for being alive and embodied, it feels good to you and to those you encounter. These are powerful coherent vibrations that imprint the quantum field. They are also broadcast to the empathic abilities of everyone. Others will always respond to your offerings of love, joy, gratitude and appreciation. These coherent vibrations/emotions guarantee an uplifting response from your reality. It is one thing to be thankful for material things in your life. True authentic gratitude will unlock the mysteries of fulfillment. Gratitude, appreciation and joy that you exist and get to play and expand in this hologame are among the highest frequencies you can offer. Expressing gratitude will free you up, will shift your daily reality in amazing ways. The frequency of gratitude also creates a vibration that will begin to attract all sorts of synchronistic events into your reality.

Remember, everything in the quantum field is frequency and vibration. Genuine gratitude has a high vibrational or energy signature that is similar to unconditional love. When you are offering gratitude, you begin to connect with this field in a profound manner. You begin to resonate or entrain with the language of the universe. When you express genuine gratitude for your life and blessings, you energetically open the universal doors to more of the blessings and goodness to flow to you and your affairs. The universe begins to connect with you through your empathic understanding. The universe speaks in the language of energy and vibrations. It speaks through synchronicities, "meaningful coincidences" which appear to have no causal relationship yet seem to be meaningfully related. Synchronicities trigger awareness.

Begin to pay attention to all the hints from the Universe that you are being guided to your highest and best. Remember you cannot convince yourself to be grateful for something. Your gratitude must come as a true feeling of gratitude for what you are experiencing or witnessing in the moment. While it is good to appreciate the material things you have, we are speaking of a higher, more coherent feeling that shifts your consciousness. When you witness an act of kindness, or a beautiful sunrise or experience a loving action from someone important in your life, it moves you in an

emotional manner. This is gratitude in its highest form. This level of gratitude is your power and your magic. It will attract and resonate with more incredible moments and experiences. This level of true gratitude will literally shift any reality. You become master of the vibrations you are offering to others and to the universe/quantum field. You know that others are empathic, and you are uplifting their field simply by radiating a coherent emotion. You feel gratitude because you are meant to use your feelings/vibrations to heal others and help heal the consciousness of the planet. We invite you to remember that every moment of your life is holy. Be alive. Pay attention. You truly deserve the honour of your own awareness. Be in your gratitude and experience it fully. We are here to assist and support you in remembering your magnificence as an energy vibrating being of divine consciousness. Rest in your own knowing that we stand beside you in gratitude. We acknowledge you from our deepest level of this vibration. **The 'Team'**

Appendix 2: My educational background

PhD Studies

I have been involved in radioactive aerosol deposition, transport and environmental fate studies for what seems forever. My PhD research validated a few environmental variables used in Gaussian atmospheric dispersion models i.e., the concept of dry particle deposition velocity. I used a variety of size-selective air samplers to quantify particle Vg and characterised several uniquely different radioactive air and soil particles. These particles were characterised by their extremely high radioactive content, and I defined them as 'hot particles'. I collected many of these particles on my inverted Frisbee deposition collectors i.e., these particles were primarily, airborne particles. Hot particles are defined by their radioactive content and can be ‘hot’ in plutonium or gamma emitters such as $Pu^{239/240}$, Pu^{238}, Am^{241}, Cs^{137}, Cs^{134} and Co^{60} etc. It was easy to apportion the isotropic ratio and gamma emitter activities with a specific time period these radioactive substances were produced since Sellafield started producing weapons-grade plutonium for atomic bomb programme. I carried out the radiochemical analyses and radioactivity counting of these substances at the Westlakes Research Institute (Moor Row Cumbria).

My fieldwork was carried out in the environs of the British Nuclear Fuels Ltd (BNFL) nuclear reprocessing plant (especially close to the old Windscale Piles) and as close to the cooling rods ponds that I dared. As an aside, it was surreal taking soil and air samples as a research student on a nuclear license site with armed police and high security fences!

My thesis is not available from the British Library. It can be obtained on a lend basis only from the Imperial College library. Why? My data was contentious to Sellafield, yet they could not ignore it because it was part of a PhD project they funded. Their compromise was to side-line me in any future work in these fields and to limit the dissemination of my work by making sure Imperial College do not send copies to the British Library.

When you finish your PhD, you write up your thesis, go through your viva-voce and after corrections, you are awarded your doctorate. Several

copies of your thesis are normally lodged at the British Library, catalogued, and made available to the academic and scientific community. In my case, its dissemination was restricted to the Imperial College library only and I was not even aware that its dissemination had been restricted. I only found some years later because I wanted to send a link to a fellow Russian scientist who was also involved in these types of investigations. The Russian scientist managed to find me through my website where my PhD could be downloaded in pdf format. I suspect the contents of my thesis were too explosive for those at the top of the tree at the Sellafield nuclear reprocessing plant.

Science is objective, right? Why would they sequester and limit the dissemination of my thesis? I lost interest in this matter many years ago. The title of my thesis is 'Environmental characterisation pf particulate-associated radioactivity deposited close to the Sellafield works (1997)': Dr Ellis Induro Evans.

Master of Science Studies

During my Masters, I carried out wind tunnel experiments at the Silwood Park, Imperial College field station located near Ascot. I was interested in investigating the capture efficiency of mono-dispersed aerosol particles using cloths of different materials, i.e., cotton, polyester etc. The purpose of these experiments was to evaluate the existing capture efficiencies of the 'passive air samplers' used at that time to monitor the air concentration of radioactivity around the Sellafield site. In other words, if there was a leak from the site, it is probable you can narrow down its source by determining the radioactivity from north, south, west of the site using wind rose data and the passive air samplers located in those quadrants of the site.

Following my wind tunnel experiments, I determined the actual amount of radioactivity deposited to different cloth types from a process called Sea-to-Air-to-Land Transfer. Simply put, radioactivity discharged into the Irish becomes enriched in spume (organic material within the sea) and is ejected from the sea surface and advected (blown) back to land. This radioactivity is incorporated onto nearby surfaces including the soil. I determined that spume is preferentially enriched in the actinides, plutonium, americium and curium and to a lesser extent, fission products such as 137Cs. My study site was an inland transect of beach at Saint Bees, Cumbria.

BSc. (Hons) Studies

My BSc final year research project determined the speciation of lead compounds collected in the playgrounds and classrooms of two London schools primarily using atomic absorption spectrometry (AAS). This was at a time when tetra-ethyl-lead (TEL) was used as an anti-knock agent in petrol engines. Interestingly, I found roughly the same aged speciation pattern of lead samples both inside and outside the school. This was consistent with other studies of this type that show that the concentration of environmental pollutants determined inside and outside a building have similar concentrations. My work suggested additionally that the speciation characteristics between inside and outside lead samples were also similar but not identical. The contents of this work formed the first of my peer review research papers. My time at Thames Polytechnic (later name-changed to the University of Greenwich) represent the best memories of my graduate life. The social life was great and during the third year I think I spent more time on the table tennis tables and volleyball courts than classrooms. The tutors were approachable and down to earth, yet professional. The broad reach of social and scientific subjects put me in good stead to tackle the mostly atmospheric physics /radiochemistry type research I pursued for my Masters, and PhD.

Work stuff:

My first job after graduating with a PhD from Imperial College was back into garage work for a year (long story). I then joined the Ministry of

Agriculture, Fisheries & Food (MAFF) around the end of 1998. In 2000, following MAFF's poor response to the foot and mouth incident, the radiological protection unit I was working in was transferred to the newly created Food Standards Agency (FSA) based in Holborn, central London. During my time at the FSA, I worked in a variety of different scientific roles and each one gave me a set of skills which enabled me to get a clear picture of the relationship between public interest, industry needs and regulatory governance. Once again, I was blessed in working with an awful lot of good, intelligent, and knowledgeable people who tried their best to acclimatise me into working as a scientific civil servant. I sort of fitted in and did what I was told. In many ways, I became an objective observer on how things really work within government regulatory departments and eventually, I found a work/life balance I could live with. In other words, even though I did not agree with the conclusions of the British government in relation to the safety of foodstuffs, I always had a little leeway to get my voice heard.

The FSA started its work in 2000 and was the lead government department in terms of its regulatory role advising the British government on all sorts of food-related issues. It was very successful in what it was doing until the Nutrition department attempted to introduce a Traffic Light system on food labelling. The FSA wanted simple information consumers' use when buying food. The amount of sugar and salt in a product is defined as red, (stop) or green, (go). It was a simple method disseminating complex information and the food industry did not like it. Significantly, the financial backers of the food industry i.e., primarily found in the Tory Party managed to stop the traffic light initiative and during the following years, divest the FSA of its regulatory powers, reduce the workforce and to bring in BBC-trained media personnel to regulate any messages from the FSA to the British public. The current FSA is but a shadow of itself because all data and information related to food and diet is now heavily regulated by industry and politicians.

I have about twenty-five years of experience as an environmental scientist with specialisms in aerosol science, radiochemistry, radioactive 'hot' particle characterisation, soil chemistry, predictive modelling (Monte Carlo), atmospheric dispersion modelling (Gaussian) and heavy metal

speciation studies. By this time, I understood that government regulatory policies are mostly designed to ease industrial products into society. I also worked as a rapporteur whilst working in the animal feed division of the FSA. I was tasked to support my extremely knowledgeable line manager in presenting safety dossiers to various scientific panels in the European Commission. I had to go to these meetings about once a month and during these times, I learnt an awful lot about how business is conducted in Brussels. Suffice to say, obtaining a seal of approval for a feed or food additive is more to do with who you know, rather than the science behind the additive. Many EU states tend to scratch each other's back in order to get products authorised. I could go at length on my stint in the radiological protection unit and how all of that went but I guess, that might find light in a later missive. Everything I learnt in my job at the FSA, also equipped me in understanding the nature of the relationship between consumers, industry, and its regulators.

My experiences and background in all I experienced during these years equipped me to be critical of myself and the thinking of others. I now feel these experiences were necessary for me to go through because I was part of something without buying into it. I carried out science because I was curious about life and how things worked. The fact I was getting paid to do something does not to my mind, say I keep quiet about those activities if they endanger life. Despite being side-lined by the nuclear industry and Imperial College for not toning down my results and conclusions and not finding work in an area I was interested in, I would do exactly the same again if I felt it necessary.

Appendix 3: Life lessons learnt and my purpose within life

I feel qualified enough to say with some certainty that during the COVID-19 era, government scientists (Vallance and Whitty) and politicians (Bojo and Hancock) were lying when they told us to mask up. It is basic physics that submicron sized virus particles (a) are not filtered because the holes in masks can be up to 10,000 times larger than the virus itself and (b) viruses are so small that they are unaffected by wind and other environmental transport processes and deposit to a surface diffusively. Few masks, if any, can filter viruses out of an airstream, even the N95-types. Gases are also

almost impossible to model because they move in an airstream diffusively i.e., it is impossible to predict aerosol path, movements or the environmental conditions which lead to an aerosol particle depositing to a surface.

Because of the gas-like diffusive nature of virus particles, the two-metre social distancing rule was also useless. The government were unable to cite any credible peer-reviewed scientific studies which support the use of mask wearing. Similarly, the two-metre social distancing rule was not based on an understanding of peer review journals, it was probably based on what was recommended back in the days of the bubonic plague hundreds of years ago. These odd and unscientific measures were brought in by various nudge units for psychological control purposes, nothing more. During COVID-19, Science died and much of the medical and scientific community left their training, experience, and objectivity at home.

Other books by the Author

Beyond the 5 Senses, My Experiential Journey Towards Spiritual Enlightenment: A Handbook for Spiritual Awakening, Dr Ellis I Evans, (2020)

Abstract

As foretold many thousands of years ago by the indigenous, shaman, seers and mystics of many tribes, the mass of humanity is moving towards a unification of spirit that is full of love, light and child-like awe. These awakening events herald the coming Golden Age of Enlightenment. In the not too-distant future, our seed thoughts as a species will embody co-operation over competition, collectivism over greed and freedom over fear.

Yet, our 'pre-sent' world and its consciousness teeters on the brink of its own spiritual magnificence. Which way do we turn? Many of us dither and potter about, lost in the minutiae of our daily lives. This is particularly true for those caught up and entrained in their digital toys and social media platforms. Nonetheless, the pendulum between dark and light has miraculously shifted upwards to reveal a hitherto hidden world of deceit, deception, and double-dealings. We are all presently caught up in the dynamics between the density of old energies and lightness of the new. It is clear from all the current geo-political intrigues occurring across the globe that the ones who have covertly ruled from the shadows are fighting for their very survival!

The light that shines in our corner of the Cosmos is shining brightly and, against all odds, the worm has turned. Fear not and take heart because this gossamer-thin time-period between dark and light has entered its final phase. Very shortly, everything we thought we knew about anything is about to change. It will be akin to waking up from a sodden dream.

There is much to remember and much to look forward to. Our spiritual awakening at an individual and planetary level are but heartbeats away.

This book details the birth, transition and eventual 'settling of the dust' of my spiritual awakening. I read somewhere that no-one asked the butterfly what it experienced as it transformed itself from its pupae stage. As we all evolve spiritually, many of us will to some extent understand all of that and much more. Any form of awakening is a true gift of the cosmos, sent by you, to you, through you, just for you! Yesterday it was my turn, tomorrow it is yours.

This book is a personal account of my spiritual journey beyond the boundaries of the five senses including my ‘dark night of the soul’. I write this book in service to others and to gladly shine a path in the knowing that those following will go much further and scale much greater heights.

In print:

A Conspiracy of Silence', The Hidden Dangers of Mobile Phones, Wi-Fi and 5G: How to protect yourself from the unspoken dangers of digital consumer products'.

Abstract:

Few people know that microwave radiation was designated a Class 2B carcinogen by the World Health Organisation in 2011. Even fewer people understand that the frequencies used in their microwave ovens are the very same frequencies that are used in mobile phones, Wi-Fi, tablets, and computers. I detail what happens to our biology when bombarded with microwave radiation. I show scientific evidence that suggests an association between the recent rise in ASD (autism spectrum disorder), PDA, (pathological demand avoidance), school refusal, young people suicide clusters, stress, anxiety, self-harm, and rates of depression can be reduced to a single denominator, the use of microwave frequencies used in mobile phone telephony, mobile phone networks, Wi-Fi and tablet use.

I also link the effects of microwave radiation on our biology by assessing our fecundity as a species in which the rates of sperm motility and mobility which effect reproductive success have dramatically declined in recent years. Concurrent with male reproductive ability, fewer women experience full term pregnancies without hospital intervention. I finish exposure to microwave radiation adverse biological effects by discussing the rise of individuals diagnosed with EHS, (electro-hyper-sensitivity) which is a disease in which both old and young become allergic to 21st century technologies i.e., exposure to RFR (radiofrequency radiation), especially microwave radiation.

I contextualise our present moments in our use of digital technologies by what Rachel Carson warned about in her seminal book of 1962 called Silent-Spring. She warned that the natural environment would become a wasteland devoid of insects, birds, and animals if the use of pesticides remained unchecked. Her book and its issues initiated the formation of the EPA, (Environmental Protection Agency) in the USA. I utter a similar

warning of the human and environmental consequences of mobile phone frequencies on the current devastation of insects, birds and animals. For example, when mobile phone technologies were introduced in small farming communities in countries like India, local farmers noticed a collapse in bee numbers. This phenomenon is known as bee Colony Collapse Disorder, (CCD). Bees are pollinating insects, and it is tragic to lose them because they are part of our natural environment. It also means that any local food production that relies on the activities of pollinating insects will also be decimated. The environmental pollutant that triggers CCD is also responsible for the loss in migratory instinctiveness in birds. I provide evidence-based conclusions on all these issues which are systematically ignored by governments, telecommunication industries and the media. The environmental pollutant behind all of this is the use of microwave radiation that connects everything to everything in our Brave New Digital Age devices.

I show that governments and their health regulators already knew from the data obtained from the development of radar back in the 1930s that exposure to microwave radiation is biologically harmful and carcinogenic. I prove a "silent conspiracy" between standards-setting bodies, governments, and the telecommunication industries by detailing recent data from the NTP (National Toxicology Programme) rodent cancer study which was completed in 2018. The NTP is part of the NIH (National Institute of Health) and is tasked by the American government to answer questions of biological safety from new substances or technologies. The NTP rodent cancer study cost $25,000,000 to complete over a twenty-year period. Key findings of this work show "clear evidence" that exposure to microwave radiation is carcinogenic. The findings of these studies have also been largely ignored by the U.S. FDA (Food and Drink Administration) which is very strange because it is ***they*** who asked this question back in 1999. The ICNIRP (International Commission on Non-Ionising Radiation & Protection) simply attempted to downplay these data as being of no consequence.

The conspiracy of silence between governments and the ICNIRP take strange twists when we 'tumble down the rabbit hole' and look at conflicts of interests between the ICNIRP and government health regulators such as

Public Health England, (PHE). Top personnel of the ICNIRP, the PHE, Australian regulators, and the WHO, (World Health Organisation) engage in a dance of musical chairs in which top scientists effortlessly float in and out of these organisations on a regular basis. One day they work for PHE and two years hence, they head the ICNIRP, or the department headed by the WHO. Clearly, life is stranger than fiction!

I argue strongly that based on the adverse biological effects from 2nd, third and fourth generation of modern mobile phone telephony that we, must be fully informed of all these effects before the fifth generation of mobile phone telephony, i.e., 5G becomes fully functional. I discuss the power density flux of millimetre-wave frequencies that will adversely affect our biology in much shorter time scales compared to earlier iterations of microwave radiation. The rollout of 5G will ultimately result in a 'silent spring' and we need to act before that becomes a possibility. The real point of this book is to boldly state that we cannot rely on governments to give us full and informed consent in anything related to biological safety. I strongly argue that before we consent to using a new technology or indeed, a novel concept of vaccine, we must have full information on what is already known about that technology, including its consequences. In short, this book is about how to find out what the real issues are, what is 'candy-coated', inconvenient truths and to formulate a way forward in reversing the dance, tango and marriage of ourselves to digital products and toys. The first step in all of that is to simply be informed of all the costs and benefits this technology is bring to the table.

In print

The Subtle yet Deceitful Art of Subliminal Advertising: How to spot subliminal embeds and regain consumer and spiritual sovereignty

Abstract:

The bane of modern life is advertising, it is everywhere and on everything. The Big Brands such as Nike, Coca Cola, Procter & Gamble and others spend millions of dollars, yen, pounds and Euros promoting their wares. All these companies run hard-assed businesses and if advertising did not work financially for them, they would immediately stop pumping money into the advertising companies. The question, however, arises, why do companies such as Nike and many others, sponsor so many different products and sporting activities in countries as far flung as Ecuador to Estonia? Why does Mercedes Benz, McLaren and Williams festoon their Formula One drivers top to bottom with sponsored logos? Each time we switch something on or simply walk outside our front door, we are exposed to a brand or product. Have we all become so de-sensitised to brand labelling that we no longer consciously see it?

The premise of this book is very simple, to go under the hood and tumble down the rabbit hole of advertising. Advertising is all about psychology that targets the conscious and sub-conscious mind. The conscious mind can be manipulated and programmed simply through repetition. That is why many companies rely on TV, radio and social media to associate their product with that social need, day in day out. The sub-conscious mind is very different. Think of a cosmic computer based on *tabula rasa*i.e., a clean slate. It registers everything yet forgets nothing. It is not swayed by culture, emotion, ego nor expectation. The sub-conscious is a machine par excellence that simply chugs away in the background of existence. I focus on advertising technologies that target the ***sub-conscious mind*** and this form of advertising is covert, artful yet deceiving. It is called *subliminal advertising*.

I expose tricks of the trade and show you how to find your own examples. I have one iron-clad guarantee after reading this book, when you spot a subliminal embed it will literally jump out of your sub-conscious and into your conscious viewing screen. When you see it once, it is never forgotten.

I also bring subliminal advertising up to date and discuss the even more powerful potential for subverting and manipulating our consumer spending habits via mind control and brainwave entrainment. This latest form of covert and persuasive behavioural and psychological manipulation is made possible, courtesy of your digital products, especially your mobile phone. It is here we move beyond consumer sovereignty and discuss its implications on 'spiritual sovereignty'. In effect, there is a silent war going on for our mind and it is subtle, deceitful and dangerous.

(2) Major selling points of this book:

- Readers understand differences between overt and covert advertising techniques
- Readers understand differences between the conscious and sub-conscious mind and why advertisers target the sub-conscious
- Illustrate several examples of subliminal advertising and its embed techniques in the printed page and across the digital viewing screens of computers, mobile phones, tablets and laptops
- To prime, lock and load readers to research their own examples of subliminal advertising and in doing so, to reflect on the nature of life, what is real, what is not and why does that particular ad or jingle stay in my head days after hearing/watching it.
- Discuss the real dangers of exposure to microwave radiation that pre-dispose some but not all into states of depression, anxiety and stress. Simultaneously, the same digital products expose individuals to ELFs, (extremely low frequencies) that sit within our brainwave activity spectrum. Readers will understand that mood and psychological disposition i.e., rage, calm and every emotion in-between can be remotely stimulated by network server gatekeepers using brainwave entrainment frequencies.

This book will enable consumers to:

1. Regain consumer sovereignty because they will be aware of some of the tricks and techniques used by the hidden persuaders

2. Regain spiritual sovereignty by understanding that much of the stuff we were taught about ourselves is wrong. In de-cyphering the covert frequencies of mind control and manipulation to influence our spending, voting and I-Am existence, existential questions regarding the nature of self and reality will pour out of that reader's consciousness that catalyse and initiate the first steps in *knowing thyself.*

Connect with Author

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